

THE WAY OF SADHANA

THE FOUNDATION

LESSON 2

Dear Member

Greetings,

Before you begin this Lesson, may I suggest that you go back and review, "THE MANNER OF STUDY" which was suggested in the first Lesson. These suggestions were not given to you lightly, but were presented to you as proven and workable methods for your understanding of the Teachings. If you do not take notes and rely solely upon your brain to remember everything that you study, you will be making a big mistake. The brain is not the reliable instrument of memory that most people think it is. In a future Lesson we will deal with this subject thoroughly, and you may be surprised to discover how little you know about your own brain.

At this time however, we want to present to you an outline of the PURPOSE AND PRINCIPLES OF THE SADHANA SOCIETY. These Spiritual Standards form the basic pathways upon which all of our activities are directed. THE PRINCIPLES OF SADHANA are seven in number. These PRINCIPLES deal with specific aspects of the Teachings. These aspects will be taken up in our studies at another time.

THE PURPOSE OF SADHANA is as follows:

1. TO TEACH THAT THE WHOLE UNIVERSE IS SACRED AND DIVINE.
2. TO TEACH THAT MAN IS AN INTEGRAL PART OF THAT UNIVERSE.
3. TO TEACH THAT THROUGH MAN, BRAHMAN SINGS THE ENDLESS SONG OF CREATION.

You will notice how simply written THE PURPOSE OF SADHANA is. These three aspects will soon unfold before you to reveal a whole New Way of Life.

Swami Vivekananda, a Sadhanist, was the First International Teacher to carry to the Western World the intent and meaning of the Ancient Teachings of the East. The theme of his message was "UNITY WITHIN DIVERSITY". The Teachings and Practices that he expounded were not based upon complex formulas or difficult intellectualization. He recognized, as had all of the Great Teachers before him – that Truth within the Universe is not the exception to the rule, but the RULE ITSELF. Therefore, rather than being difficult to discover, IT EXISTS EVERYWHERE IN DIVINE SIMPLICITY. Vivekananda said:

"Education is not the amount of information that is put into your brain and runs riot there undigested all your life. We must have life-building, man-making, character-making assimilation of ideas. If you have assimilated five ideas and made them your life and character, you have more education

than any man who has got by heart a whole library.”

Through the study and application of The Purpose of Sadhana, you will establish a strong foundation to enhance your Creative Powers. As you unravel and use the Ancient Mysteries of the Earth and Sky, this foundation will assist you in Mastering Life for your own benefit and that of others.

Now, let us review together the three simple aspects of THE PURPOSE OF SADHANA:

TO TEACH THAT THE WHOLE UNIVERSE IS SACRED AND DIVINE

Upon this foundation of Truth, THE SADHANA SOCIETY recognizes the Universality of all things. Every conceivable form and manifestation is involved in the term “WHOLE UNIVERSE”. The word “SACRED” denotes the Respect with which one should relate to all things. The word “DIVINE” recognizes that all things created are a MANIFESTATION OF GOD.

TO TEACH THAT MAN IS AN INTEGRAL PART OF THAT UNIVERSE

The physical Man is inseparably inter-woven into the Universe. Our bodies are created out of Universal Elements; therefore, we are physically One with it. Yet, Mankind is awed by the Universe - sometimes afraid of

it. We even hold the false notion that the World we live on is foreign to us. We cannot physically exist without nature, yet we are afraid of it. Our fear and unfamiliarity with that part of our Universal Body is the cause of our limitations. The Sadhana Society teaches that we can and should use the Whole of the Universe, in all of its diversity, to discover our True Heritage – WHICH IS THE KINGDOM OF GOD.

**TO TEACH THAT THROUGH MAN, BRAHMAN SINGS
HE ENDLESS SONG OF CREATION**

Through Humanity God, The Creator is still Manifesting Creation. No two individuals are identical, yet each individual is a part of the Whole Body of Humanity.

All that surrounds us is an aspect of God; the UNIVERSE, MAN and MAN'S CREATIVE EXPRESSION. All of these are an Expression of the CREATIVE WORD OF GOD. We cannot realize Divine Oneness without recognizing the Oneness of everything that surrounds us. You cannot truly know God by dividing God. Believing in half a God does not present us with a picture of the WHOLE. The INFINITE WISDOM OF CREATION is that the CREATOR AND THE CREATION ARE ONE AND INSEPARABLE. Through the Voice of Man and by the Creative Principle in Man, the Universe is still Endlessly being Created. What Man thinks, he can express; what he can express; can be made manifest. From the individual voices, the Endless Breath of Creation continues. From this TRUTH was born the statement; "UNITY WITHIN DIVERSITY".

DEFINITION OF BRAHMAN

Let us briefly refer back to the third aspect of THE PURPOSE OF SADHANA. You will notice that the term Brahman is used synonymously with the term God. It is important that you understand the necessity for the use of this term; as the Teachings of The Sadhana Society deal with definitions of God that many other teachings do not. In the Ancient Vedic Scriptures, Brahman is defined as Beginning-less and End-less, Imperishable, Indivisible and Supreme - That out of which all Creative Power had its origin – the Undefinable God, which is neither shape nor form nor thing. Not God in the image Man, but beyond Human concept; The One, out of which all things (aspects) came into Being.

Whatever exists as an aspect, a shape, a form, or an idea, had its origin in the UNDEFINABLE BRAHMAN. Everything that you see, hear, feel, taste or smell; all that you can think of; everything that you can imagine is an aspect of Brahman. Behind all of these aspects is the CAUSE that gives them their shape and form, their energy and power. Behind all of these, is the UNKNOWABLE CAUSE for their existence. Everything within the Created Universe is simply an aspect of that UNDEFINABLE BRAHMAN. These aspects, individually or collectively, are called GOD we need an object, a symbol, or something known to fix our mind upon in worship and thought. YOU CANNOT THINK ABOUT NOTHINGNESS. That is why it is impossible for Man to worship the UNDEFINABLE GOD. The God that Man worships is indeed, a God made in the image and likeness of Man.

From time to time, we recognize what appear to be Super-human qualities, in the form of a specific personality such as Jesus, Buddha or

Moses. In these individuals, we recognize the possibility for Super-human Achievement. They represent to us the Highest Possible Achievement that Man can aspire to by their Life and Teachings; they stretch our vision and mental capacity to the very limits of Human capability. Therefore, we recognize the workings of Divinity within these Personalities – and call them God. THAT WHICH IS UNDEFINABLE, IS BRAHMAN THAT WHICH IS DEFINABLE BY SHAPE OR FORM OR THOUGHT, IS GOD.

A helpful analogy would be to imagine an Endless Ocean that is Perfectly Still, without shape or form, without any movement whatsoever. This Ocean, we will call Brahman. In an undefinable way which we cannot comprehend, within the Ocean, an Idea or Thought begins; This Thought or Idea becomes the FIRST CAUSE or POWER which creates Motion. As the Power and Motion increases, it becomes the FIRST WAVE of the Ocean. Because the Motion and the Power are also Endless - having been Created out of ENDLESSNESS – they perpetuate themselves into more waves in Endless number. By this analogy, you may now begin to understand what is meant by the word BRAHMAN.

Brahman is the Unmovable Ocean. The Idea, the Power, the Motion, and the Wave, are all MANIFESTATIONS OF BRAHMAN. You will also notice in the analogy, that what is Created, is never separate from the FIRST CAUSE OF CREATION. As long as the wave is recognized by its shape or form exclusively, we cannot call it the Ocean. But when we look beyond the shape and form, we can readily recognize that it is indeed ONE WITH THE GREAT OCEAN. This same analogy applies to all things in the Universe, including the body of Man and even the Soul of Man. In

future Lessons, we will expand upon the definition of Brahman and God more completely.

It must be pointed out to you at this early stage in your studies, that it is not the intent of The Sadhana Society to destroy your concept of God; but rather, to make your concept of God more Perfect and more Fulfilling. If your background has included the worship of The Christ, The Buddha, God – The Father, or any other reference to God; you will find that all of these will have a Greater Meaning than ever before. If your preference has been to think of God in terms of Love, Truth or Humanity; these too, will become more clearly defined. If you call yourself an agnostic or an atheist, you will soon discover that THE SELF THAT RESIDES WITHIN YOU is more Mysterious and Profound, than you have ever imagined. To those of you who feel you have already established communion with God – remember, you are Representatives of God. To those who prefer the terms of Love, Truth, and Humanity; may you also remember that you are a Representative of a Power greater than what you have ever imagined.

THE SADHANA SEAL

Let me draw your attention to The Sadhana Society Seal. This is the Seal that is on your Membership Card and your Membership Certificate. It is the same Seal that you will find on all official literature and documents of The Sadhana Society. It is not just a symbol, but it represents every aspect of the Teachings of The Sadhana Society. Each component of it contains a Spiritual Truth within itself.



Filled with the Spirit Light of Empty Space

The OVAL or Egg is a symbol frequently used by many Religions of the World. It represents THE EGG, THE WOMB OF CREATION, out of which all things are born. It represents THE WOMB OF GOD, into which the Seed of Creation is placed. Out of The Womb came the Whole Universe.

Above the Egg, there are five rays. The first four, represent the Four Worlds of the Ancient Hopi People. They denote when great changes occurred on the face of the Earth, which also brought about changes in Man's Conscious Awareness of Himself as a Representative of the Creator. The fifth ray represents the Fifth World – which is now slowly unfolding. Again, Man is confronted with the necessity of change. Again, Man has achieved the knowledge and capacity for self-destruction. Unless Man awakens to his True Purpose as a Representative of the Divine, and returns once more to the simple Truths of the Earth, the Human Race will face an even greater cataclysm of change.

Within the Egg on the upper left-hand side, is the symbol for BRAHMAN, THE UNDEFINABLE – out of which all things came into Being. It

is called the OM SYMBOL. Sometimes it is spelled AUM. It is the most basic and comprehensive of all sounds. It is also called THE WORD and BREATH OF GOD. The first letter (A) is the root sound, pronounced without touching any part of the tongue or palate. The (U), rolls from the very root of the tongue, to the end of the sounding-board of the mouth. The (M) sound represents the last sound in the series, which is produced by the closed lips. Thus, OM represents the whole spectrum of sound-producing qualities. It also represents the Divine Song - The Undefinable Something Within Man that needs to be manifested. It is also the Secret Yearning within each Soul. In the Western World, we find a variant of this Symbol in the form of petroglyphs carved on stones and shrines of the Ancient People of this continent. Its meaning is the same and its shape is basically the same. The Western counter-part of the Symbol (or Sound) is written thus:

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To the far right of the OM Symbol, is the Symbol of the Spruce Tree. This is one of the major Symbols of the Ancient Native American People. It is said to have within it the Power to attract to itself all of the finer elements of the Universe. Like hands folded in prayer, it symbolizes Man's reachings toward the Divine. The rain that touches its branches becomes purified, as do all things that touch its branches - including Man. It represents the world of growing things which exist to keep Man's

dwelling place Pure and Perfect. It is given a major place in the ritual of the Ancient Hopi People during the SEASON OF SOYAL. This Season begins around Thanksgiving time and ends approximately at the New Year. SOYAL is a time of Thanksgiving, a time to give thanks for all of the Blessings of the Earth. This is the oldest Thanksgiving Celebration in the Western World. The Spruce Tree is a part of this long Celebration. Approximately one week before the Christian Celebration of Christmas, there is an Ancient Tradition among the Hopi which is called, THE GATHERING OF THE SPRUCE. The Tree and its branches are placed in Shrines, Holy Places and in homes, as an aid in the Purification process which lifts the Human Spirit.

The Sadhana Society has adopted many of the Practices of the Ancient People of this land. The SEASON OF SOYAL is a major time of Worship and Celebration among Sadhanists. During the SEASON OF SOYAL, you are always invited to visit the International Headquarters and share with us this most Ancient of all Thanksgivings and gathering of the Spruce.

Referring again to the Seal, you will notice in the center of the Egg, the Symbol of the Flute Player. The Flute Player represents Man - the Co-Creator, sharing in the Divine Aspect of Creation and playing the Endless Song of Creation as he walks. Upon his back, he carries a bag filled with the Seeds of New Germination which he spreads along the Pathway of Life. This Flute Player is the Major Symbol of The Sadhana Society. It is symbolical of the THIRD PURPOSE OF THE SADHANA SOCIETY. (Discussed previously in this Lesson).

The Sadhana Flute Player faces West. He is traveling from the East to join with the Hopi Flute Player called Kokopilau, who faces East. Their purposes are the same. In this way, the Symbol represents a joining, a Union of two Ancient Traditions – one from the East and one from the West. It also reminds us of the UNIQUENESS OF ALL CONTINENTS AND ALL PEOPLE. Two diverse Cultures, with a single Truth as the theme of their respective traditions; they remind us again of “UNITY WITHIN DIVERSITY”.

The Symbol directly below the Flute Player, is the Lotus. It is a Symbol used by many of the Religions of the World. The Lotus symbolizes the flowering of the Human Spirit. As the Human Spirit unfolds, its Beauty and Divinity is revealed to the Whole World. You will notice that the Flute Player who is the Divine Singer of Songs, rises from the very center of the Lotus. The Native American counterpart of the Lotus, is represented by the Cactus Flower or the Squash Blossom. The horizontal line running through the Egg, represents the division of the Earth and Sky. The Flute Player (Man) stands between the two – with his feet on the Earth and his head in the Sky. It also represents the things seen and unseen. In Native American tradition, it represents MOTHER EARTH and FATHER SKY. The point where Earth and Sky meet runs through the very Center of Man. This dividing line of two Powers – one physical and one Spiritual – is the Divine Mystery in Man.

These are the components of the Seal of The Sadhana Society. In future Lessons, as we present various aspects of the Teachings, you will recognize how all of these Truths came together to create this ALL

ENCOMPASSING SYMBOL – which is a MANIFESTATION of the PRINCIPLES of THE SADHANA SOCIETY.

Between now and the next Lesson, I want you to have a simple Exercise to practice. This Practice will help you to establish a greater degree of mental and physical Awareness – not only of the World about you, but of your place in it.

EXERCISE - NUMBER ONE

Find a quiet place where you will not be disturbed for approximately 45 minutes to an hour. This place should be free from noise and things that may distract you. Use a dim light or candle, or better still, the darkness itself. Be sure there are no street lights glaring through your window, or other outside influences to draw your attention away from what you are about to do. Choose a comfortable place to sit. Your position should be purposefully straight; your body should not be slumped or restricted. When you are prepared, sit down in a comfortable chair. If you prefer, you may sit on the floor. We do not recommend any specific posture at this time, except that it should be comfortable. Your body should be balanced in such a way that you need not concern yourself with it for the duration of the Exercise. Make sure that the clothes you wear do not pull or cling in such a way as to be bothersome. There should be nothing else going on in this place except the Exercise that you will be doing. If you wish, you may use a VERY LIGHT INCENSE to

purify the air. If the room is small – such as a closet – make sure that you have sufficient ventilation.

After you are seated, close your eyes. Slowly and consciously begin a process of mentally directing relaxation to all areas of the body – the arms, the legs, the torso, the neck, the head, etc. When you have done this, slowly begin the process of closing out of your brain all aspects of sound that may be present. The more relaxed you become, the less concerned you will be of sounds or any other distractions. TRY TO BEGIN TO FORGET WHERE YOU ARE. Remain in this quiet state for approximately 3 to 4 minutes; allowing your brain to empty out all distracting ideas.

Using your CREATIVE IMAGINATION, you will now begin to envision yourself sitting waist deep in an Endless Ocean that is Absolutely Still. As far as your imagination can carry you, you see no end to the Ocean; there are no shores – just Endlessness. From the waist down, you will feel your Oneness with the Great Ocean. YOU ARE THE CENTER OF THE GREAT OCEAN and it spreads out from you in all directions. Feel the Stillness of it - the Peace and Tranquility of it – as you sit perfectly still without moving. Even your breath should be slowed down so as not to disturb the Still and Unmoving Ocean. After a while, when you have mentally experienced this image, slowly begin to increase the depth of each breath that you take. You will notice that at the point of the diaphragm (at the center of the body), you are producing an undulating motion with each breath. Imagine that this motion is producing a movement on the surface of the Ocean. It begins with a small ripple of waves – starting from you and moving outward in an ever expanding circle in all directions. By your CONSCIOUS WILL, you are producing an EFFECT upon the Great Ocean.

Let each breath be a WILLFUL BREATH. As you exhale, let your breath carry from you, the simple message - PEACE - PEACE - PEACE. Do not direct the message of Peace anywhere in particular. Let it float away from you wherever it will. Imagine that it is filling the Whole of Infinity with PEACE.

When you have finished, after approximately 45 minutes, get up and go about your duties as usual. You will notice that your whole body – particularly your hands – will have accumulated a Special Power that is considered to be an ATTRIBUTE OF DIVINE TOUCH. You will be experiencing in a small way, YOUR OWN DIVINITY. If you can do this simple Practice at least once a day between now and the next Lesson, you will discover a growing AWARENESS of your REAL SELF. After doing this Practice several times, you may want to write and tell us of your results.

May the Peace of God Surround You and Guide You.

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