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My Journey to Spiritual Awakening via Hatha Yoga

a synopsis of a forthcoming book

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I. Hatha Yoga

Karmic Facts and Fallacies is the story of my awakening to spiritual heights via the practice of HathaYoga – physical postures held steadily accompanied by proper breathing. I discovered Hatha Yoga literally as the last resort to restore my broken body and spirit.

At age thirty, I was forced to leap from the top floor window of a burning building, landing on concrete. I had fractured my spine and pelvis, suffered internal injuries and lost my unborn child. Physically and mentally incapable for many years, I was pronounced incurable by the medical profession. Yet, initially a fighter, I found the courage and desire to overcome the odds. I tried every available rehabilitation method without success until I discovered Yoga. Although already popular on the West Coast, it was almost unheard of in New York. After many searches and phone calls, I finally discovered a Yoga teacher available for private lessons. I was forty years old, overweight, smoking heavily, wearing a back brace and I had to literally plead with him to give me a chance. At first the situation seemed hopeless, but I was determined and he most likely felt pity for me. Within a year, my stubborn muscles had loosened up, I discarded the brace and my back grew stronger. Yoga had gained popularity in New York by that time and I sought out other teachers and learned from all of them. I had lost weight, given up smoking and all medications and after a time, I was pain free. My life truly began at forty. Eventually I found the courage to teach Yoga at various YMCAs and health clubs on Long Island until I opened my own school – Yoga for Long Island in the early sixties. I employed 4 to 5 teachers and we taught about 350 students per week, plus teaching voluntary classes in public schools, mental institutions and various rehabilitation facilities.

II. Meditation

At the beginning my teaching methods were focused on the exercises and proper breathing methods, which I had learned from various experts when I visited Yoga retreats in the New York vicinity and in Canada. Eventually I came upon meditation, which I then included in my daily practice and also taught to my students. I discovered that meditation can lead to new horizons within us and that we can trade our thoughts of doubt, fear, guilt and unhappiness for those of peace, joy and purpose of life. I truly feel it to be the springboard to a peaceful existence.

For me, the practice of Yoga postures, proper breathing methods and daily meditation were the beginning of my present spiritual existence and oneness with the Universal Spirit. As we develop mental health through meditation, most problems of physical ill health can also be overcome.

III. About Health and Healing

We are generally programmed for sickness and mostly attribute and blame it on genes, viruses, germs, environmental factors or the incompetence of the medical profession. Although medical science is advancing at a rapid rate and we have vaccinations for most diseases, our hospitals are filled to the brim with sufferers of chronic, degenerative diseases, such as heart ailments, arthritis, diabetes, hypertension and asthma – and most people are plagued by an array of minor league ailments. In the past, we could rely upon our doctor to make us well, but today's average doctor is steeped in specializations, in fear of malpractice suits and apt to prescribe medicines merely on the say-so of major drug companies. Many in today's society have turned to holistic or alternative healing methods, such as chiropractic, osteopathy, psychiatry, acupuncture or various oriental methods. Faith healing, spiritual and psychic healing are practiced as well. Although alternative or holistic healing methods are integrating our sickness-oriented society, they are still largely rejected by the majority of the medical profession and the general public. Faith healing is also taboo especially in the U.S., yet many people of the world still make pilgrimages to miraculous centers of healing such as Lourdes in France or St. Anne in Quebec or travel to psychic healing centers in the Philippines. Proof to the contrary that psychic healing practices are fraudulent is widely available from reliable experts who have traveled to the Philippines or to South America where miraculous cures are still being performed.

It was in the U.S. that the most amazing healer of our time came to fame. His cures are statistically recorded in Virginia and open for examination to those with medical accreditation. His name was Edgar Cayce and he died in 1940. He was known as the Sleeping Prophet because he predicted and prescribed possibly a million cures while in a sleep or trance state. I was the original doubting Thomas, rejecting all possibilities of faith, psychic, miracle, trance or charismatic healing. I knew that I had healed myself through proper exercise and breathing, meditation and proper nutrition, but I attributed my healthy state to natural methods and sheer determination only. But when I met Harry Edwards in England shortly before his death in the late seventies, I changed my mind.

Harry Edwards was the most famous healer of his time, who practiced the laying of hands and also performed absentee healings by the thousands. While traveling in England, I was troubled by an old skiing injury – a torn meniscus in my knee – and one of his former students took me to see him. As he touched my knee, I felt an intense heat radiating from his hands and within ten minutes I was able to walk without pain.

Back in the U.S., I was determined to become a healer and I visited and studied with various local healers. I practiced on young men with AIDS whom no one else would touch. It was the early eighties and the very mention of AIDS threw everyone into a panic. I was certain that I could have made a dent, but the experimental drugs that flooded the market at that time won out. Everyone I was close to died within a short time. While I am convinced and do have proof that I am able to heal, I warn everyone to be sensible and rely on their common sense when choosing a healer or a medical expert.

IV. Psychic Phenomena

Another chapter explains psychic phenomena and the various methods that psychics employ to bring us in touch with the spirit world. I offer personally experienced and authenticated proof that psychic, touch or spiritual healing can be effective and relate the stories of healers all over the globe who have effected psychic and miraculous healing. But I also caution the reader about succumbing to fraudulent claims and often deceit by various self-acclaimed experts and to exercise common sense at all times.

V. Mediumship and Channeling

I write about my personal experiences of establishing contact with departed loved ones and the various methods of spirit communication practiced throughout the ages. I acquaint the reader with Doris Collins, the famous British psychic. She has recently departed this planet, but is still with me in spirit form. I met her when my life was in shambles – in utter despair – and she changed my outlook as well as my life. She established my contact with the spirit world, which led me to peace and forgiveness and the realization that existence is ever lasting. I inform the reader about various methods of channeling – or contact with the spirit world – that are available and introduce them to various experts in that field.

VI. Karma and Reincarnation

Karma is the cosmic principle of universal law. It implies total responsibility for one's actions while in the body. It is the explanation and justification for good and bad fortune during one's lifetime. It is a system of higher education whereby you choose a set of circumstances in which to learn your lessons and atone for misdeeds in previous incarnations. You yourself are the judge when what you deem as misdeeds are overcome. Most everyone on earth experience glimpses of a previous existence, recognizes people they have never seen before, or visits places where they totally feel at home. I relate my own experiences on the subject and personal meetings with psychics, hypnotists and regressionists that provided proof and confirmation of my previous lives in various bodies.

VII. On Death and Dying

I explain how only the body – a composite of flesh, blood, bones and organs disintegrates, and that the soul – the true "us" – goes on forever. I explain the transition from the death state of the body to the after-life in the spirit world – our true existence and oneness with the Universal Spirit. I write about the various cultures in the world that celebrate death and regard it as a beginning to a greater beginning and eventual oneness with the Supreme.

