

Dr. Shuddhananda
Bharati

An illustration
of a sublime pure life

Thirunool



ASSA
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Foreword

Those who remain connected with the mores of the world and render service for the sake of public good in a selfless manner may be said to be persons of noble principles. There are still some people of noble principles in our country who are engaged in multi-faceted services; one of them is Yogi Sri Shuddhananda Bharati.

Many books have blossomed from the pen of Sri Shud-dhananda Bharati including the present book Thirunool. Many “Thiru” (good deeds) are visible in Thirunool; they are all in tune with the times.

“Thirunool” may be described as a beautiful Tamil temple. That temple has been constructed with the apt elements needed by the country at this time; the elements for the spiritual and worldly aspects have been delineated and stand as bulwarks of the temple. A brave uprising forms the temple tower. The diverse efforts constitute the various member elements. Divine fragrance, thirst for rights, instincts of courage, divine ethics and related elements adorn the inside of the temple. These give rise to liberation.

If those who enter and worship inside the temple of Thirunool experience the awakening of a thirst for rights in their hearts, they will also experience a desire for self control. They are also bound to perceive the world as the embodiment of divinity.

The divinely-blessed great man who has created such a temple of knowledge is residing in the Aurobindo Ashram in Pondicherry and rendering service in tune with the times. All his faculties are engaged in rendering services

imbued with a divine orientation. That great man is rousing and energising the country with meditation, speeches, songs and actions. The country is also experiencing an awakening. The writing style of Yogi Shuddhananda Bharati is extremely praiseworthy; it pays homage to Mother Tamil and evokes passion. Its underlying message is righteous; it is meaningful and pleasing.

In what way can Tamil Nadu repay its debt of gratitude to Sri Shuddhananda Bharati for having penned such a magnificent book? Only by reading his book and living one's life in tune with the underlying message of the book and striving to uplift the country to a pre-eminent position can this debt be repaid!

Long live the great man who gave us this temple of knowledge! Long live his book! May ethics win! May Tamil win!

Sri V. Kalyanasundara Mudaliar

Editor's Notes

Here is a new work of Yogi Shuddhananda Bharati of great beauty. Always by these righteous words, his book opens the door of the divine energy in us, helps us to persevere in our faith and our direct link with the Source, with God.

Shuddhananda Bharati says:

“God is present in every heart. May His divine grace guide us! It is due to His grace that we have this physical body and live. Let us dedicate our thoughts, speech and actions only to Him! The body is a temple. Let us keep it clean. This body is the abode of God; let us dwell in it with love for others and love for God. God dances in the heart to the tune of “I, I”. Let us live by following in His footsteps. Let us laud His grace in following way.”

A special you also to Savitri for her beautiful translation. She does so a great work, we can bless her.

It is a real pleasure for me to present *Thirunool* to you. Thank you, Dr. Shuddhananda Bharati, for having transmitted *Thirunool* to us. With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget
Christiananda Bharati

Courage!

*The night is through,
The chain of slavery
It is already broken –
I am full of courage!*

*Peace in the morning,
A golden sun rises
Like a lion, superhuman
To accomplish my dream.*

*A hopeful smile,
Docile as a child
Who plays in the infinite
With a fiery star.*

*My journey is over.
I enjoy time.
The universe is my nest
Of eternal spring.*

Song of Unity

*Unite. Unite, Unite, Oh Souls,
Unite and play your roles.
Unite in mind, unite in heart,
Unite in whole, unite in part.
Like words and tunes and sense in song,
Let East and West unite and live long.
Trees are many; the grove is one.
Branches are many; tree is one.
Shores are many; sea is one.
Limbs are many; body is one.
Bodies are many; self is one.
Stars are many; sky is one.
Flowers are many; honey is one.
Pages are many; book is one.
Thoughts are many; thinker is one.
Tastes are many; taster is one.
Actors are many; the drama is one.
Nations are many; the world is one.
Religions are many; Truth is one.
The wise are many; Wisdom is one.
Beings are many; breath is one.
Classes are many; college is one.
Find out this One behind the many.
Then life shall enjoy peaceful harmony.*

Peace Anthem

*Peace for all, peace for all.
For all the countries, peace.
Joy for all, joy for all.
For all the nations, joy.
A rosy morning peace,
A smiling summer joy (Peace for all).*

*All for each and each for all:
This is the golden rule.
Life and Light and Love for all,
For all that lives our love (Peace for all).*

*Work and food and clothes for all.
Equal status for all.
Health and home and school for all.
A happy world for all (Peace for all).*

*No idle rich, no more beggars;
All are equal workers.
No more tears, no more fears;
The heart is full of cheers (Peace for all).*

*No atom scare, no fat mammon,
No room for war demon.
Like leaves in trees, like rays in the sun,
We are one communion,
One Divine communion (Peace for all).*

*The good in you is good for all.
Your life is life for all.
The God in you is God for all.
Your love is love for all (Peace for all).*

*For he or she or it or the rest
This collective life is best.
This Universal Life is best,
North or South, or East or West (Peace for all).*

*Peace for plants and birds and beasts,
For hills and streams and woods.
Peace in Home – land and air and sea,
Dynamic peace we see.*

Peace for all, peace for all.

Immortal Peace for All.

Presentation of
Dr. Shuddhananda Bharati

11th May 1897 – 7th March 1990

The wise one to the cosmic age

Although more than 90 years old, in his school in the south of India, *Kavi Yogi Maharishi* (great divine visionary, wise poet), Dr. Shuddhananda Bharati worked like a young man of twenty. When he was asked his age, he answered: "My age is Courage!"

The Yogi wrote several hundred works in English, French, Tamil, Hindi, Telugu and Sanskrit; and five thousand songs, and fifteen hundred poems in French. The magnum opus of the man conscious of the presence of God in him, *Bharata Shakti*, (in 50,000 verses) described his ideal: only One Humanity living in communion with only One God in a transformed world! *Bharata Shakti* is a monumental and unique work. The Yogi depicts the essence of all the religions, of all the prophets and saints, all the approaches of Yoga and all the cultures on an allegorical fabric. It is a book for any age that all spiritual researchers and all nations should read and meditate on.

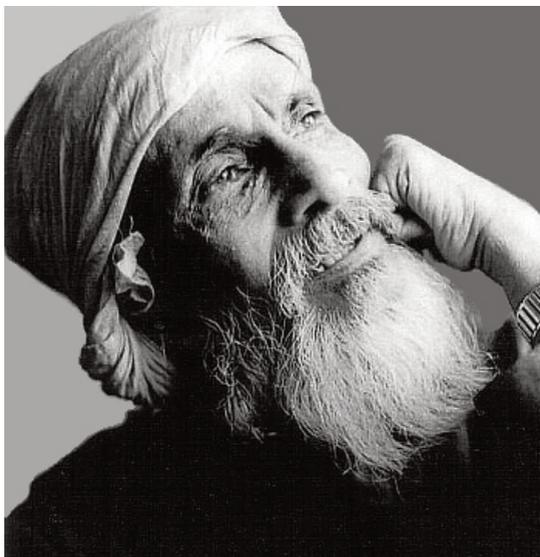
His commitment is summarized in his book celebrating his life, *L' Ame Pèlerine (Pilgrim Soul)*.

The three poems mentioned in the opening express perfectly his ideal.

His mantra, *Aum Shuddha Shakti Aum*, nourishes our souls and guides our steps toward the inner joy *Ananda*. It means: the light of Grace and power of the pure supreme

Almighty bless us with peace, happiness and prosperity!
That beauty and greatness of the soul of Dr. Shuddhananda
Bharati bloom and scent the entire Earth with their divine
message and spiritual and unifying benefactor!

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Kavi Yogi Maharishi Dr. Shuddhananda Bharati



For all the Words God is One
All Bodies are God's Temples only

11-5-1897 – 7-3-1990
Swami Shuddhananda Bharati

Thirunool

Pure Life

1. Garden of life

The garden of life has no boundaries; like kings crowned with victory, there are trees that reach up to the skies and are heavy with fruit on the one hand; on the other tender creepers spiral upwards like love for God that soars with mental resolution; flowering plants of all hues are found in field beds; green grass decorates the ground like emerald jewels. Not only is this garden made beautiful by grass, but it is also ornamented in a beneficial manner with fruit bearing trees such as coconut, banana, mango etc.

The world is a garden where divine grace is at play. It contains many living plants. These are planted, they grow and sprout branches, flower, bear fruit, ripen, wither and again spring forth from seeds and grow and grow to sustain this garden of life. The soul is born as a child, becomes a boy, experiences youth, grows old, leaves behind a lineage and discards the cage of five elements. There are many phases of life, but the life energy is just one. It is the merciful God who is the life of all living beings created with infinite differences. The greenness of grass and the sweetness of mango are but illustrations of His grace. This garden of life contains fruits as well as thorns; let us fence the thorns and grow fruits; nothing in the world is inconsequential. Everything has a beneficial effect. Man benefits from rice, just as the cow benefits from grass. Rice and grass have their importance in their own space. So let us

not scorn anything and let us regard all of God's creations with impartiality. There are ups and downs in the garden of life. It has shaded avenues as well as dense jungles with thorny bushes. One should use a discriminatory eye to find the right path and reach home. God is present in every heart. May His divine grace guide us! It is due to His grace that we have this physical body and live. Let us dedicate our thoughts, speech and actions only to Him! The body is a temple. Let us keep it clean. This body is the abode of God; let us dwell in it with love for others and love for God. God dances in the heart to the tune of "I, I". Let us live by following in His footsteps. Let us laud His grace in the following way:

"O divine flame, You who is lustrous like a thousand suns and lights up everything, the world is Your divine play; just as it is Your ability to ply five trades that causes the sea to transform into vapour and again merge with the sea, may the life that was created by Your compassion merge in Your compassion! You are the truth beyond words and the mind; You created everything with an amalgamation of the five elements of sky, wind, fire, water and earth; long live Your ability! Your thought alone is creation. You who is the eye seen by the eye, You who is the ear heard in the ear, You who is the thought of the mind, You who is the witness of this life, You alone are our life, animating force and guide; You are always looking at us; bestow Your grace so that we commit no evil in Your presence! Your ears listen everywhere! Bless us so we may speak no evil, control our mouths and open our minds; shower Your grace so that our inner eye opens and sees Your light; please listen to our complaints!

1. May we never forget You and may we be impelled by Your energy to do good;
2. May we lead a good life without self-interest for the benefit of others;
3. Please help us so we may be pure in our body, speech and heart;
4. Please manifest Your awe-inspiring form if our mind thinks of evil and drive away the demon of evil;
5. Please endow us with the organs of good attributes such as truth, patience, love, pleasing speech, non-violence, equality, spiritual knowledge, sacrifice, independence and inner joy;
6. May we who are Your children acquire clothing, food and shelter by untainted trade!
7. Please bless us so we may be distanced from poverty and ignorance that are the root causes of sins;
8. May our life be dedicated to Your divine service;
9. May we be kept away from the transient happiness and sorrow that is the nature of the world; please grant us equanimity and peace;
10. Long live Your eminence, creation and grace!"

2. The Vedas

The *Vedas* represent spiritual knowledge, knowledge of God; those well versed in the *Vedas* have spiritual knowledge and knowledge of God. There is nothing more exalted than truth; the *Vedas* are the exposition of truth; just like truth they are common to all without differences of caste and religion. The *Vedas* teach us about the pure spiritual path. Sath – the inner meaning; the pure Sath is

the pure soul that is present in everyone as 'I'; the *Vedas* show the way to realise the pure soul. They can be learnt and followed in whatever language they are written. The words uttered by knowledgeable men are the *Vedas*; the words uttered by enlightened great souls are derived from their experiences. The classical Tamil *Vedas* and the Sanskrit *Vedas* are but statements of such experiences. Divinely-blessed poets such as the Vedic sages, Vyasara, Sukar, Valmiki, Valluvar, Sankara, Ramanujar, Madhvar, Appar, Thirumoolar, Avvaiyar and Nammalwar gave us the *Vedas*. Merging with God in the heart and living in His love and in His intelligence constitutes the essence of the *Vedas*. Buddhism also talks about the joy of salvation that comes from love, patience, pleasing speech, inner purity and renunciation. Love, non-violence, detachment, liberation – this is the essence of Jainism.

Love, patience, sacrifice; caring for others as one would care for oneself, simple life – this is preached by Christianity. Devotion, refuge, truth, prayers – these are the *Quran's* teachings. All religions emphasise the importance of love, compassion for others, public good, equality, inner purity and truth. All religions condemn evil, attachment, desire and falsehood. Purity, truth, equality – these are the essence of the religions. All religions accept the concepts of love, truth, purity, patience, cultivation of knowledge and philanthropy. Do not be bewildered by the differences in name, form and department! External appearance, hair, clothes, rites – not these; but truth and purity, love and grace are the guiding principles of religions. May the religion of the pure spiritual path flourish! Bodies are many; but there is only one God. Turn your heart into a

temple! Worship the pure soul that is God with flowers of meditation! It will then be possible for everyone to live in a spirit of unity disregarding external differences. The heart is but the book of the *Vedas*.

3. Creation

The world is the abode of Shakti where God's grace is at play in myriad ways. The compassionate God is the father and mother of all living beings. God is truth; Shakti is supernatural power. Their joyous evolution constitutes the process of creation. "O divine grace, Your thought alone is the creation of the world; Your mystic syllable Om is the fullness of the world; light was born from Your mystic syllable Om; that became the sun, moon and the stars. Rain was created by the sun; the earth was vivified by the rain; food was produced from the earth; millions of living beings derived sustenance from food; the essence of food is the seed. Greenery such as grass, shrubs, plants, trees; living beings such as sponges, red coral, oysters, pearls, worms, insects, fowl, water birds, creepy-crawlies, birds, animals, man – You alone are the creator of everything! Natural wonders such as the mountains, sea, forests, rivers and sun stand witness to Your greatness. Your command directs the cool wind towards hot countries and the hot winds to cold countries. Your command makes the sun transform the sea water into steam and clouds and generate rain. The energy provided by You to each thing makes it flourish. You alone are the motivator of action; You ensure the outcome. We perceive because You are within us; otherwise we shall be unable to even breathe.

You are our breath; the day we lose You, we shall lose ourselves. You bestowed man with discrimination that is superior to all other living beings. Man attains You by showing compassion to other lives; he is subject to sins if he harms other lives; volcanoes, floods and thunder are an illustration of Your anger. Rain, breeze and the moon are an illustration of Your compassion. The world is Your abode; bestow Your grace so that we are not guilty of any disrespectful behaviour in it, so that we practise an impartial outlook in our life; may we seek to live by hard work, service to others, devotion and philanthropy, without one coveting another's food! May Your grace shine in everything!"

4. People

O walking temples, I salute the God dwelling in you. Know Him who is in you; perceive the exalted one in your body! Then you shall never have anything to do with death, fear and evil; the body made up of the five elements will disintegrate into the five elements; the soul will acquire another body; this world is common to all. Everyone can live here as an independent entity. Each one has the right to enjoy the benefits of the world to the extent required. If each one avails of the desired benefits without ostentation, there will be no deficiency in the world. Nothing that we accumulate will accompany us in the end. Let us engage in public-spirited work to eat and survive; let us make our life perfect with love, knowledge and divine service and attain divine qualities; let us till the land and eat; let us weave cloth and clothe ourselves; let us turn our backs on desire, envy, falsehoods and vain show; let us

lead a pure life, help others, follow the righteous path and attain God who is the embodiment of ethics. Each person's life has a noble objective in view. Let us perform the karma for which we are destined, rid ourselves of attachment, embrace the feet of God and rejoice. This is the outcome of worldly life.

5. Patriotism

O Parashakti, how blessed we are to be born in this joyous country! This is a blessed land; there is no dearth of clothing, food and knowledge here. Our Motherland has great souls as progeny; her energy swirls in every drop of our blood. Our body, mind and soul are dedicated to her service.

Our country is a land of yoga, a land of sacrifice; Siva and Shakti are engaged in meditation in the north and Kumari in the south. Aryan and Dravidian sages continue to propagate the fire of penance in this blessed land. Salutations to every particle of earth in this blessed land; let us all engage in the worship of service in this temple that is India. May people of all religions such as Hindus, Muslims, Christians, Jews, followers of Zarathushtra, Buddhists and Jains worship the Motherland Goddess. Let us stand as spiritual warriors in her shrine. Spiritual energy is the boon that she has bestowed on us. Let us make use of it to install her on the throne. Let us resolve the strife in the world by leading an ethical life.

May our country be free of poverty and ignorance; may our spiritual energy, courage and pure spiritual life flourish and shine; may the bonds of slavery be abolished and may manliness flourish!

O Mother India, may your wealth, strength, truth, ethics and beauty flourish! May your people become the lights of the world; may the auspicious sounds of your mantras penetrate the mind! Salutations, salutations to your blessed rivers, your mountains crowned with penance, your divinely-endowed Tamil, your majestic Sanskrit, your beautiful holy temples, your earth that contains the imprints of great sages! Long live our Mother!

6. Life

Eating, sleeping and managing to live are not the objectives of life. Our river of life came into being in order to enrich the world from the compassionate sea that is God and to purify ourselves by helping others and thereby merge with God in the end; it was not destined to dry up in the desert sands of illusion and sorrow. Spiritual knowledge, grace, ethics, love, truth, purity, good conduct, honesty, self-defense, philanthropy and sustained career development are qualities that will add stature to life. A person must always strive to nurture the wealth of grace. Everyone must have sufficient money to eat, clothe oneself, dwell in a home, offer hospitality and cultivate knowledge. One must earn that wealth by means of a trade that is beneficial to society. There must be no avarice. One must begin on a modest scale and seek to grow. One must live a simple life with noble objectives. He who earns money without grace, without love and in a base manner that is inimical to others and seeks to lock up his wealth and build a luxurious abode for himself and is indifferent to the tears of the poor around him is one who

will be unable to attain the fruit of life. Our life is a fragrant flower. May it spread the fragrance of grace and attain the feet of God! Let it not fall into the stinking rot of the world and wither! Those who are born are bound to die. During the period of life itself one must expend each breath to perform divine service, cultivate knowledge and love for God. Good deeds, devotion, philanthropy – these are indispensable for a pure life.

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