

Dr. Shuddhananda  
Bharati

Essence  
of Religion

Samaya Saaram

Sung by  
Swami Shuddhananda Bharati



ASSA  
Editions

## Editor's Notes

# Essence of Religion

Flower of Love N° 31 Aum Pure Energy  
Blossoming Song 5

We place the 31<sup>st</sup> Flower of Love and bow before the beautiful lotus feet of the pure, spiritual God.

This book called *Essence of Religion* (Samaya Saaram) presents the clarity of the religions, philosophies, rules of the religions prevalent all over the world in the form of sweet, simple, Tamil songs. People who read and understand this book will learn about many religions, will see the basic truth of everything; they will realise that all people can live as one family, devoid of difference in castes, religions.

We can see in this great book, the secrets of the *Vedas* and the *Upanishads*, the philosophy of Saiva doctrines, the essence of Jainism, Buddhism, Christianity, Islam, Sikhism and all.

Year: Vikrama / Month: Avani /  
Day: Wednesday

A warm thank you to M. Kumar Srinivasa  
Nagaraja Rao for this beautiful translation.

It is a real pleasure for me to present  
*Essence of Religion* to you.

Thank you, Kavi Yogi Maharishi Dr. Shud-  
dhananda Bharati for having transmitted  
*Essence of Religion* to us. With the blessing  
of *Aum Shuddha Shakti Aum*.

Christian Piaget



## 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 live 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 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*

## 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.*



Presentation of  
Dr. Shuddhananda Bharati

11<sup>th</sup> May 1897 – 7<sup>th</sup> 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), Kavi Yogi Swami 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; 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 which all spiritual researchers and all nations should read and meditate on.

His commitment is summarized in his book celebrating his life, *Pilgrim Soul*.

The two 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!

Let the beauty and greatness of soul of Kavi Yogi Maharishi Dr. Shuddhananda Bharati bloom and scent the entire Earth with its divine message and spiritual and unifying benefactor!

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# Essence of Religion

## Samaya Saaram

### 1. The nectar of *Gita*

It was Kurukshetra, the life; there the two variants, the good and the bad, in the form of Pandavas and Kauravas swell with armies. The Witness of the Consciousness of All, Krishna, the Supreme Soul, drives Arjuna's chariot with the Hanuman flag flying on it. Krishna's Panchajanyam (conch) sounds. The drums sound loud. In this battle field seeing the enemies standing before him, Vijayan, the affectionate soul, says: "Should I kill these who are my relatives, elders, teachers... Oh! Great sin!" And in a stirred up state, dropping the bow, stands surrendering to Krishna. The Paramatma (the Supreme Soul) said: "Shed your languor. Get up and fight. I have already killed the enemies. See my Viswaroopam (manifested gigantic form). I am the world. I am the living being. For

my goal to be accomplished, for the unrighteousness to end, for the moral and religious duties to flourish, I created this war. Acting as the cause for my motive, with no attachment to strength, as the religious sacrifice for me, do your duty. Bow to me, perceive and understand me, love me. My devotees will not be ruined. Making you pure, I will give you spiritual ecstasy." And consoled the Jeevatma (the individual soul) Vijayan, motivating him to fight and win over the characterless enemies. Raised from this is the nectar of *Gita*.

The *Gita* is the *Bible* of the Hindu sacred law; The *Veda* encompassing all religions and harmony, praises the *Gita* all over the world. This *Gita* nectar, squeezed out from all *Upanishads* is capable of giving immortality to mankind. It is the *Gita* mantra that gives strength to the soul of the classes of India to enable achievement of victory in the battle of life now, then and for ever.

Exclusive surrender only is the secret of *Gita*. "Surrender to me, live in me, living as a meditating being assume my nature,"

said Krishna. Here who is 'my', 'me'? "I am the shining soul in the minds of all living beings. Raise yourself with self-realisation," says Krishna.

As a Supreme Soul (Paramatma), Krishna speaks. Each and every one, should, with love, with wisdom, with discipline, with deeds of sacrifice, with meditation, with silence, as the means, merge with the Supreme Soul (Paramatma) residing in the heart and live.

It is Krishna who shines as the philosophy of 'Self' in every being. Mixing with Self, becoming Self, seeing the world as Self, is the secret of *Upanishad*. The same also forms the exclusive, clear understanding of the secret of *Gita* too.

This great spiritual (adhyathma) *Veda* was delivered as 18 chapters.

This book affirms the practice of the three yogas (devices) viz., duty, bhakti, knowledge all combined. May each one understand clearly the essence of the preaching of *Gita* (*Gita Upadesam*).

## The nectar of *Gita*

### The weakened valiant

Krishna, the one with the whirling wheel,  
sounded the conch,  
The advancing army, when about to  
fight the battle,  
Consoling the raging Vijayan, who said:  
“There who stand  
Are my kinsfolk’s and teachers,  
Killing them and ruling the kingdom,  
I will not desire.  
Here, renouncing this world, I will beg  
and eat.  
And threw away the bow, tired and  
Weary.”  
Spoke smilingly Krishna,  
And feel our hearts melt with love.      1.

### Krishna’s preaching

Where they kill and shower rain of fierce  
arrows,  
In the war for dharma,

Becoming weak, will you babble  
foolishly?  
Is it worthy of the big, valiant pride?  
Killing the gathered, grisly lot,  
May you establish the sceptre in the  
world,  
The withering, righteous woman to live?  
Hard duty this is, my dear Vijaya! 2.

From the chariot of heart I speak:  
I am the Almighty present everywhere.  
Without getting perturbed, get up  
Oh, valiant!  
Fear not the battle of the three qualities  
of life,  
For the treacherous, desiring, crowd  
of arrogance  
To fall, the pure independence to survive,  
For a new heavenly kingdom, to grow  
and shine,  
Battle like a lion. Oh, Vijaya! 3.

## The indestructible soul

Refuse not my work, out of attachment!  
Advance and battle, so that

the enemies shiver!  
Unleash your powerful arrows!  
Victory is yours!  
To do their deeds the valiant never shrink.  
What will get destroyed is  
the stinking garment;  
The one which lives for long is  
the shining soul.  
Defect-less; one which doesn't bow to  
the sword and fire,  
The life for the living it is. 4.

## The true entity

That which is the truth and  
the living entity,  
And that which is certain, one as many  
Taking the earthly body living also here,  
The past too is soul only, may you  
realise, dear,  
The countless births and deaths,  
The joy and sorrow, all the  
different variants,  
Are for the body only which sees them  
through its eyes,  
The learned do not get disturbed by  
seeing these. 5.

## Neutrality

Without the variants of  
Victory, defeat, like, dislike, heat, cold,  
With attachment excluded,  
With no desire for result,  
Doing the duty faultlessly only is yoga.  
Neutrality in entirety is yoga.  
Arresting the five senses which  
perplex the brain,  
Winning over the wandering mind,  
the learned  
Perform welfare oriented,  
righteous deeds.

6.

## The firm stoic

Removing the desire, fear and arrogance,  
Controlling the five senses like a tortoise  
Destroying affection, lust and  
spreading anger,  
With no enmity, friendship, with no  
day or night,  
The one who has a faultless clarity  
in mind,

With no changes, settled like the great sea,  
Attaining an indescribable state,  
the firm stoic,  
Extremely silent, the one with no birth  
and death, is he. 7.

## The stoic who performs the deeds

This learned man with expert knowledge,  
Does no harm whatever done to him  
Always staying in the equal state  
A doer of good deeds this great  
knowledgeable being is.  
As bondage-less and independent  
Does all noble deeds in this world, he.  
Aware is he that seated inside with  
no beginning or end  
The power of soul is me. 8.

## The yagna of duty (karma)

Neglecting duty, you will not get  
released from the bond;  
Without duty a moment too is impossible;

A place of big deeds this world is  
A Brahma wheel this plentiful life is  
The wide great knowledge of light  
will grow,  
May you, as a sacrifice, do your deeds;  
Living an empty life with no sacrifice  
to the Supreme  
A useless living that is, of the sinner's  
life it is. 9.

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