

Dr. Shuddhananda Bharati

Garland
of Sacred Hymns

Manthira Maalai

Aum Shuddha Shakti Aum



ASSA
Editions

Editor's Notes

Summarising energy in a single mantra, Kavi Yogi Shuddhananda Bharati realised it. He managed to encompass in his mantra all the Light of Gayatri Mantra and pure Divine Energy.

He offers us the possibility to discover and integrate this path into our daily life.

In his singing and melodious text, the soul is liberated and vibrates to the sound of the mantra, a form of inner joy is born. I wish you to discover the first opening notes of this beautiful mantra.

A warm thank you to Kumar Srinivasa Nagaraja Rao for the beautiful translation and his melodious Preface. He had, with his meticulous work, been able to help me to express fully the thoughts of Yogi Dr. Shuddhananda Bharati about *Garland of Sacred Hymns* and *Aum Shuddha Shakti Aum*.

It is a real pleasure for me to present *Garland of Sacred Hymns* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *Garland of Sacred Hymns*.

With the blessing of *Aum Shuddha Shakti Aum*.

God is Love!

Christian Piaget

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 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 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; 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 gasoline 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.

This work was completed and appreciated by Sri Aurobindo, the Mother, Mahatma Gandhi, Rabindranath Tagore, Romain Rolland, Annie Besant, Bertrand Russell, George Bernard Shaw, Dr. Suzuki and so many others. It installs the author among the great, men such as Dante, Homer, Racine, Shakespeare, Vyasa, and Valmiki.

Dr. Shuddhananda Bharati is the greatest Tamil poet, having translated into this language: *Gita*, *Upanishads*, *Veda*, the *Bible*, the *Koran*, *Avesta*, the *Buddha-Dhamma-Sangha* and *Tattovartha Sutra*, the life and teachings of Lao-Tseu and Confucius. From their original languages, he also translated into Tamil *The Divine Comedy* of Dante, the tragedies of Racine, the comedies of Molière, the dramas of Corneille, Shakespeare, Goethe and the novels of Anatole France, Victor Hugo, Alexandre Dumas and others.

Shuddhananda's works are innumerable. Malcolm Macdonald, who chaired the Congress on the Unity of the Conscience in Singapore, said in his short speech about him: "He is such a remarkable man, having such a diversity of raised gifts, that it is difficult to know where to start and where to finish when one speaks about Kavi Yogi Dr. Shuddhananda Bharati. Few men have achieved as many things in only one human life."

His name appears moreover in the Encyclopaedia of the World's Great Men, which says: "Kavi Yogi Maharishi Dr. Shuddhananda Bharati is the author of literary works of varied styles: works epic and lyric, melodramas, operas, comedies, pastoral, romance, novels, biographies, commentaries on famous works and texts. *Bharata Shakti* is his magnum opus."

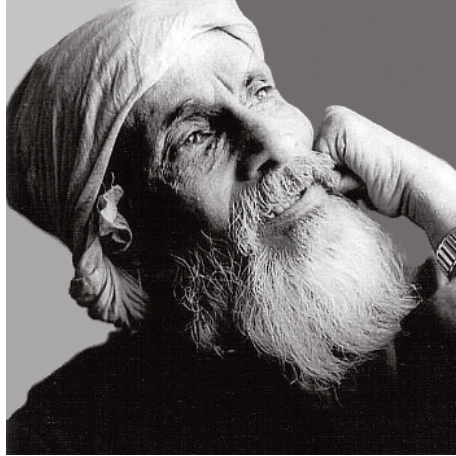
He had a presentiment that he would receive the Nobel Prize for Peace or for Literature but did not live to see it.

His commitment is summarized in his book celebrating his life, "*Experiences of a Pilgrim Soul (Expérience d'une Âme de Pèlerin)*."

God I loved and lived in him,
Making His commandment
Leave to Man his entire talents
This is my will!

Dr. Shuddhananda Bharati

Editions ASSA, Christian Piaget



Preface

At the outset as I write this Preface to this unique Book of Dr. Shuddhananda Bharati, I wish to place my appreciation and thanks to Christian Piaget and his dedicated team at Editions ASSA for bringing to the World of Shuddhanandar's disciples, fans and admirers and Book lovers all over the World this Book. 'Manthira Maalai' (Garland of sacred Hymns) which is special in so many ways. It is a wonderful and commendable service indeed.

Many of the ardent readers of Dr. Shuddhananda Bharati's wide range of Book collection are aware that in many of the Books, the words *Aum Shuddha Shakti* appear and Dr. Shuddhananda Bharati attaches the utmost importance to *Shuddha Shakti*. In this Book 'Manthira Maalai', Swamiji explains the origin, power and his experiencing of that *Shuddha Shakti*. Many might have wondered what this *Shuddha Shakti* means and what the significance of that divine word *Shuddha Shakti* is.

Such ardent admirers can understand to a great extent by reading this Book, wherein Dr. Shuddhanandar gives an insight of *Shuddha Shakti* and explains in depth through poetry and prose, the mystic, the features of the all – powerful *Shuddha Shakti*.

Garlands always have a great appeal to all human beings. It is a mark of respect, adoration and appreciation. If that garland made of sacred Hymns, which have unlimited powers and impact, is placed and presented in the form of a Book one can well imagine the greatness of such a Book. This is such a unique Book.

Starting from worship of several Gods, the revered Author, the Swamiji, goes on to describe the worship of *Shuddha Shakti* in Chapter 5, and reveals the most important fact that *Aum Shuddha Shakti* bestowed on him the fulfilment of Yoga and goes on to elaborate further the great powers of *Shuddha Shakti* and of its inner meaning.

The revered Author sums it up elegantly: *“The Energy of the pure supreme Soul is what is everywhere, anything and everything. Its divine dance only is the precious World. The World that suffers due to the impure energies like the blemishes of desire, ego, will become peaceful only by the worship of the Pure Energy. Aum Shuddha Shakti.”*

Yoga Worship, Garland of Hymns for the Nine Planets, clarity of Soul, Reality, the Power of Sama Yoga and many more are the exciting topics that this distinguished Author covers in this Book, apart from a host of moral values.

A Book that should be in the Bookshelf of every Institute and Organisation and in every Library that treasures Books of immeasurable values and with every admirer of Swamiji who relishes Swamiji’s thoughts, philosophies and divine messages applicable to mankind all over the World.

It would be impossible for me to state here all the various subjects touched upon so elegantly by Swamiji in his inimitable style. Let me thank Edition ASSA for providing me with this golden opportunity to translate this fine piece of work by Dr. Shuddhananda Bharati, through which I enhanced my knowledge too.

Here it is, to adorn your book shelf, made possible by Christian Piaget and his team from Edition ASSA, who

bring out Book after Book of Swamiji in an elegant, excellent printed form, edited with precision that you would love to keep it in your possession.

I will not write anything more as it is impossible to place before you all the messages and experiences that Sudhanandar has sprayed all over this Book. It is an experience that cannot be learnt in any Yoga School, a knowledge which cannot be gained from any University. I just stand aside and let you have a total view of this glorious Book, *Garland of Sacred Hymns*.

Kumar Srinivasa Nagaraja Rao



Flowers in Es à la Ligne

Aum

Garland of Sacred Hymns

I. Ganapati Puja

Reality of Ganapati

Garland of Sacred Hymns opens with Ganapati Puja.

When we write letters we draw curl mark of Lord Vinayaka. Every day we perform puja to Lord Vinayaka. He is Ganapati who is Lord Shiva's son. There is no town in our Country where Lord Vinayaka Temple doesn't exist. Under the Pipal tree, Tank Bund everywhere you can see Lord Vinayaka. Striking on the head with knuckles in front of Lord Vinayaka, if sitting and standing alternatively holding the ears with hands crossed is done what ever job is taken up it will be successful; we consider breaking of coconut to Lord Vinayaka is good for our welfare. Marriage and other auspicious functions are conducted only after worshipping Lord Vinayaka. We start anything only after singing and paying obeisance to Lord Vinayaka. Everyone perform with devotion the worshipping of Lord Vinayaka.

Write *Aum* in Tamil ஐம். That shape is Ganapati. Ganapati is the shape of the sound of the mystic syllable *Aum*.

Even an Elephant trumpets clearly as '*Aum*'; the elephant is one which possesses majestic appearance and untiring ability to work, firm strength and intelligence. Divine elders have given to Ganapati, the face of Elephant, which

eats only plant based food and shines with power. Observe Ganapati's form. A pose with leg folded looks like the letter 'அ'. the stomach like the letter 'ம', head and trunk like the letter 'உ'. The shape of Ganapati is the form of the letter அ and letter ம and Letter உ and sound of mystic syllable ஓம். The power of the mystic chakra above the anus is the mouse. We see in the hands of Ganapati the goad that severs the attachment, the stylus that polishes the knowledge about God and the bolus like sweet for telling us that the seven worlds are contained in the power of God and the chanting beads to show the Japa Yoga as the best for practice. The four hands are the indexes for gaining the benefits of morality, materials, desire and salvation through the practices of conduct, deed, yoga and knowledge. As for Lord Shiva there is a third eye for Ganapati. The middle eye is the eye of wisdom.

God is one only; That is bliss with interminable qualities. We give several name forms for those qualities and perform worship. Lingam (a small pillar like round form) is the form of the Soul. Lord Nataraja is the form of five acts; Lord Muruga is the form of the fire of Lord Shiva; Lord Dakshinamurthy is the form of silent knowledge, wisdom; Goddess Parashakti is the form of will, deed and the Energy of knowledge of the Supreme Being. Similarly Ganapati is the form of God's divine power. It is Ganapati who took the leadership of the army of Lord Shiva and destroyed the power of demons. Avvaiyar attained energy and salvation through worship of Ganapati. Lokanmanya Tilak got on to the stage after worshipping Ganapati only. Ganapati is in the forefront everywhere for bestowing success in our actions.

1. Ganapati worship

In the month of the Tamil Month 'Avani', on the fourth day of the bright half of the lunar month Ganapati puja is performed all over the Country. It is good to worship daily; Waking up in the morning going outside and plucking Indian laburnum, Leaves of Bael, flowers of Oleander, a kind of fragrant Jasmine flowers and Lotus flower get back to your home. Bathing well, wearing clean clothes, putting on Shiva's marks, enter the Puja Room with devotion. Light the divine lamp. Be seated firmly. Meditate on the divine form of Ganapati for five minutes. In the chanting (Japa) beads chant the "Aum Ganapati" sacred hymn 108 times. After completion of the chant, you should clean well the idol of Lord Vinayaka. Then adorn the idol with ornaments; after reciting hymns in praise of God, spray flowers and perform archana (offering flowers reciting holy names of Lord Ganapati.) Show incense and wave lamp before the God. Offer some fruits and preparations to Lord Ganapati. With a wish for boon, sing a song of praise. You can also sing with musical instruments. At the end meditate for 1 minute, welcoming the God of worship in the heart, and then you can sing a song on the God. At the end of the worship sing some songs that each one of you like, with zeal.

2. Meditating on Ganapati

Oh! Ganapati of wealth! Oh! Vinayaka for success!
Oh! Sea of education! Oh! My beloved one! –
blessing me with words of victory

May you give the joy of worshipping You;
Nearing You, lived I and surrendered to You. (1)

To establish Your fame all over the World,
composed Poems I
Will be thinking of You life long –
Oh! The elder brother of Lord Muruga!
Oh! Beloved! Look at me. (2)

3. Worshipping Ganapati

*Ganapati Aum Shiva Ganapati Shiva Aum
Oh! Mind! Bow with folded hands calling Him
the chief of qualities.
It is the alphabet 'अ' which is seat; alphabet 'म' is stomach;
The alphabet 'उ' is trunk, for the ॐ Ganapati.
Let us consider only that form which sprouts as the mystic
chakra and conducts the Universe in all the three dimensions
of time, as Ganapati Sivam.
Let us recall the form that shines
And controls the whole World in the palm.
With horripilation, with eyes drooping
Let us join our palms, let us give our love. 10
The efforts begun by the quiet pure people,
the knowledgeable wise men
Will grow high, with no defect.
Will bless with strength He, will bestow boons, He.
Let us bow to the rosy feet of the Lord Vinayaka of wealth.
Let us surrender to the God who makes the devotees
who bow lovingly to rejoice.*

*Let us surrender to the rosy feet of the Lord Vinayaka of success
Who bestows the energy that the noble seek.*

Focussing in the heart, with inner flower blossoming 20

*Let us think of the son of Lord Shiva of the Silver Mountain.
Let us worship the lamp, the Lord Vinayaka of Sankara,
the Preceptor*

*With morality, material and fame growing well
Let us offer all the four, milk and honey and jiggery and dhal.
And surrender.*

*To the King of Art given by the King of Mountains
Let us become the stable Soul offering.
Blasting the obstacles, avoiding the ignorance,
The Supreme Soul, the refuge to those who surrender;
Removing troubles, He who is the companion for victory 30*

*For the good deeds done by devotees to gain harmony.
Aum pure energy, Aum Shiva Muruga,
Hari Hara Brahma, supreme God, Preceptor Aum,
As Lord Narayan and as the foremost God and as totality,
As without form and as form and as grace
And as Lord Muruga and as the dramatist inside,
And as father, mother, as Allah and as the Foremost One,
And as incomparable chief and as peerless
The supreme thing worshipped by several religions is One only
Its strength itself is He with the elephant face; 40*

*King of obstacles the Lord Vinayaka;
Removers of sorrow, the God who bestows comfort.
The victorious divine consort Vallabhai, the fire of energy, He is,
Destroyed He, quickly the elephant faced demon;
To subdue the strength of the evil men who slander,
Breaking the tusk, He, threw it swiftly.*

*Mashing the rude demon who came as mouse,
Making it His vehicle, achieved victory too.
Ended He, the obstacles of the grammar women* 50

*Who caused losses by making everything touched go waste.
Before the Sundara Cheran arrived,
Moving beautifully with Chariot, Elephant, Horse
Compassionately helped He, the respected,
righteous woman, Avvai*

*By the power of toe ring service, saying Ganapati Aum.
To reach mount Kailash.*

*Let us surrender to the flower like foot of Vinayaka
seated on Lotus.*

*Oh! Ganapati of great strength! Salutation! Salutation!
Praise Thee, the repository of knowledge, who wrote Mahabharata
Atop a mountain holding the stylus of tusk!
Oh! The Supreme Being, praised affectionately
By Vyasa and Sukar and Valmiki, praise Thee!* 60

*Oh! The eminent one who went around Lord Shiva and Shakti
and got the fruit of wisdom*

*Before the Lord Muruga with the Peacock and Spear,
who held a sharp spear*

Could go round the World, praise Thee!

Let's praise the gifting fertility of the hands

Having rope and goad to remove attachment

With crystal garland to polish devotion

With writing tusk that displays richness of language

And bolus like sweet filled with pie.

Through the third eye where Moon, Sun and Fire are united

70

Oh! The flame that graces the devotees who worship, Praise Thee!

Oh! The dear son of the One who burnt Kaaman.

Praise Thee, the form of the Yoga of pure Mind!

Oh! The Noble-minded Being of celibacy, praise Thee!

Rare, good success You will bestow, praise Thee!

*Oh! The victorious One, the most valorous out of all
of the great heroes*

Who supported Lord Subramanya in burning the demon Soora!

Oh! The Chief who stands in the fore front

For commencing and completing auspicious tasks, praise Thee!

Making several forms of the five elements in nature 80

Making them live as intellect, oh! God! Praise Thee!

Oh! The source of fire that give out rays, praise Thee!

Oh! The Magnet that grows inside the Sun, praise Thee!

*Oh! The immaculate who severs the bonds of past karma,
praise Thee!*

Oh! The fertility of crops which feeds lives, praise Thee!

Oh! Greenery that feeds crops, praise Thee!

You appear as the life for the visible World, praise Thee!

You wear the form of male and female, praise Thee!

*Oh! Medicine of love that unites the lives of divine World
as one family, praise Thee! 90*

Increasing strength, for relationship to shine

Oh! Peerless One who polishes unity, praise Thee!

Along with righteousness, fertility too,

with knowledge strength too

Along with love, beauty too, you bestow, praise Thee!

*Oh! The quality that makes beauty to have relationship
with chastity*

Like taste with Nectar, praise Thee!

*You join Yoga and pure pleasure in life
Like music with poetry, praise Thee!
You make famous Drama with Songs and Paintings
with sculpture
As writing with Books, You will be in harmony, praise Thee!*

100

*Giving the golden true son and for the light to grow
You nurture auspicious righteousness, praise Thee!
Even if tests come, even if distress comes
Even if thousand armies come one after another
Oh! The God who offers refuge, praise Thee!
Opposing crowds whatsoever may come
Vinayaka, the life for success,
Who executes good tasks taken and rejoices, praise Thee!
Firmly rooted in peace, multiplying strength,
Making all the strength as divine service*

110

*Desiring that all living beings to rejoice
You will establish good works, praise Thee!
On Chaturti day in Avani month, at Sunrise
Bathing in beautiful river, wearing new apparel
Chanting mystic hymns, reciting the Vedas
Thinking deeply, worshipping auspiciously
Prostrating and spraying beautiful flowers
Let us present food offering and the Soul, along with Nectar
Oh! Blissful supreme, praise Thee!
All the inner love is only for your dedicative offering.*

120

*Thoughts and actions Oh! God dedicative to you only
All flowers are dedicative offering,
all Poetries are dedicative offering.
Waterfalls and Sparrows and Sea and Devotees*

*All songs sung, are dedicative offering to the Chief.
May all talks be about You only!
May entire breath grow as the efforts towards You only!
Let all thoughts extend as thoughts about You!
Let all writings rise to praise You!
Let the sayings of praise shine as Your boons!
In the head may Your light shine well. 130*

*In the thoughts Your thoughts and in the hands Your acts
In the legs Your speed and in the eyes Your compassion
In the tongue the fertility of Your good Poetry of music of grace,
And on the Body Your strength with valour may all stand firmly!
In the heart may Your grace rise!
Oh! Peerless, who lives in the life, praise Thee!
May the food feed Your heat of hunger.
May the pulse become Your Lute of music!
May You tune Your fine songs in the nerves.
May the belly become the flow route of Your energy! 140*

*May Your divine current rise all over the body!
May energy ooze and flow down!
The body is Your golden Temple indeed.
As the living life and all becoming Yoga
May it shine as a unique, total Yoga!
Through Yoga let pleasure shine!
Through pleasure may the thirst of life end!
Oh! Victorious chief of army! Oh! Victorious chief of army!
Let the unappeased mystic syllable and thousand petals
Become the house of the great mystic chakra! 150*

*Oh! The Light, the auspicious benediction Aum, praise Thee!
Oh! The open space where the array of Light wanders,
praise Thee!*

*Oh! The chief of celestials who protects the town of Shiva,
praise Thee!
We bow before You, adorning You along with flower garland,
garland of poems
May You protect Oh! Supreme letter!
May You grant success, may you grant excellence.
May You grant learning, may You grant success.
May you grant power, may You grant equality
May you grant devotion, may you grant salvation. 160*

*Oh! The elucidation of Science, praise Thee;
Oh! The Veda of true spiritual knowledge, praise Thee!
You kill the fear of death, praise Thee!
Oh! Intelligence who conquers fate, praise Thee!
Oh! Sugarcane which is sweet in the thoughts, praise Thee!
You remove the distress of the devotees, praise Thee!
You give refuge to your dear ones, praise Thee!
Oh! Lord who offers bliss, praise Thee!
Oh! The inner meaning of the sound of Aum syllable,
praise Thee!
Oh! The One with five arms who blessed Avvaiyaar,
praise Thee! 170
Oh! One who is wisdom and bliss, praise Thee!
Oh! Intelligence, praise Thee! Oh! energy, praise Thee!
Oh! Youth, praise Thee! Oh! Beauty, praise Thee!
Oh! The eye, praise Thee! Oh! The thoughts, praise Thee!
Oh! The Sky, the open space, the great One, praise Thee!
Oh! Spotless, praise Thee! Oh! The learned One, praise Thee!
Oh! Mountain, praise Thee! Oh! Wisdom, praise Thee!
Oh! Ganapati, praise Thee! Oh! The elephant – faced,
praise Thee!*

*Oh! Head of qualities, praise Thee! Oh! Chief of dynasty,
praise Thee!*

Oh! Rosy footed, Siddhi Vinayaka, praise Thee! 180

I surrender, I surrender! Oh! The Chief of four Vedas!

I surrender, Oh! The Head of Yogas

I surrender! I surrender! Oh! The gem of great Preceptor!183

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