

Dr. Shuddhananda Bharati

Gospel of Perfect Life

It is the pattern for a better, higher,
purer collective life in tune
with the Soul that
is One in all



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Author's Notes

Spiritual Socialism

Spiritual Socialism, *Sama Yoga* is the fulfilment of all human hopes and endeavours. It is the pattern of a better, higher, purer collective life in tune with the Soul that is one in all. The spiritual socialist sees all in the One and the One in all. The universe is his temple. The collective human soul is his God and dedicated service is his worship. To see all happy is his Self-Delight. The allness of the individual is the basis of this Socialism – to feel one with all in cosmic consciousness.

Behold the flower that blossoms in the peace of the crimson dawn. Its smile is an ecstasy of self-giving. Its beauty is a poem of joy. Its perfume plays with the wind and spreads around for the health of all.

The Aumful bees drink its honey and collect it in the hive for the good of all. The beehive socialism is the example of an active collective life. Behold the rain clouds woven by the solar heat from the tossing waves. What is drawn up falls as rain and cherishes Earth with golden yields. Such is Spiritual Socialism which is a battery of two forces – material Science and spiritual Yoga.

Yoga is the psychic science of better life which trains the body, life, mind, heart, intellect and innate powers to a perfect harmony. Yoga is a life of beauty, harmony and energy in tune with the Infinite Spirit that is the core of beings. Yoga realises in meditation the unique One that is

the Self of beings. It offers unity of consciousness that is the foundation of one world and one humanity. A scientific life set upon this spiritual harmony is the potent remedy for the ills of vital egoistic passions that rush to a sanguine nuclear holocaust. Spiritual Socialism is the panacea for the war-worn world. This *Gospel of Perfect Life* gives you in twelve treatises the graded *Sadhanas* of *Sama Yoga*.

Dr. Shuddhananda Bharati

Dedication

Gospel of Perfect Life is a unique scripture of New Cosmic Humanity. It is an efflorescence of long silent inner communion of *Maharishi Bharati* in *Mahaturiya Samadhi*. It forms the central chapter of his magnum opus *Bharata Shakti Mahaakaavyam*. It is a book for all ages, the eternal guiding light for seekers of integral perfection.

Swami Sivananda



Editor's Notes

The *Gospel of Perfect Life*, the model of a better collective life! A help for a concrete approach to the worries and problems which humanity in its evolution meets. Living in difficult prejudices and returning still and always in the same diagrams, it is now so important to awake and become aware in order to evolve to a world of Peace! By his futuristic vision, cosmic and his great knowledge, Dr. Shuddhananda Bharati reveals us an aspect greater than his personality. His immense love for the women and the men of this world is particularly powerful. To see the world live in harmony is his dream and his ideal of life.

In particular, he writes to us: "To enable humanity to live in the peace and dynamism of the inner spirit is real civilisation. That alone can lead it from war to peace, from armed brutality to gentility, from sham pretence to honesty, from hatred to love, from division to harmony. Rockets and atom bombs can never civilise humanity. Civilisation is not scientific brutality. It is not greed of gold and earth, not weaponed warfare, not unnecessary heavy suits and showy colours and uncontrolled sensualities."

"The present man makes machines, builds factories, heaps goods, seeks selfish markets, runs a roaring trade, amasses wealth, rolls in luxury; he is jealous of his neighbour, vies with him in commercial exploitations and selfish aggrandisements, prepares scientific weapons, incites war by political chess plays, engages the world in bloody struggles, kills humanity in millions – by land, sea and air. The present man has learnt to destroy the construction of ages

in a minute by releasing bombs from the air. These acts cannot be civilisation. Man is mechanised today; he must be civilised. Civilisation leads man not from war to war, but from peace to peace, from health to health and from contentment to contentment. Gentle manners, sweet words, kind sympathy, sincere fellow feeling, unselfishness, cultured behaviour, noble conduct, simple demeanour, unegoistic mien, equal vision, self-help, social efficiency, true friendship, good education, calm equipoise, refined temperament, freedom of conscience, aesthetic taste, universal compassion, sex morality and a clean personality – these are the signs of true civilisation. Civilisation leads to constructive progress and not to destructive holocaust. Civilisation does not cause division in the human rank; it leads man to feel one with men.”

This book appeared the first time in 1938 in Tamil under the title *Yoga Siddhi*. Thereafter, the author published an English version, under the title *Gospel of Perfect Life* in 1944. This last version was used as the basis for the French translation *Evangile de la Vie parfaite*. This monumental work, consisting of 405 couplets, each with its own commentary, which is a master guide to one who aspires to lead a Perfect Life and realise, as a result of such a pure life, the pure almighty grace within oneself. Thank you Dr. Shuddhananda Bharati to have transmitted to us *Gospel of Perfect Life*. How the Harmony comes to scent the whole ground and that Peace in its writing radiates on all humanity by opening the conscience with the researchers of the truth!

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*

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 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 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 of peace, happiness and prosperity! Let the beauty and greatness of soul of Dr. Bharati Shuddhananda bloom and scent the entire Earth of its divine message and his spiritual and unifying benefactor!

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Chapter I

Divinity

1. The Supreme One, Aum

**Supreme Light and Life of life He is,
The inseparate One, Fulness of Bliss.**

Yogis in perfect self-identity realise the Supreme as the primordial all-creating sound, Aum, as the supreme light of knowledge, as the One Life by which all things live and move and have their being and as the abundance of inborn delight which is never separable from life.

Aum is the essence of the Scripture. It creates forms and gives them names. It combines three sounds – A, U and M.

A is the starting-point of all letters in all languages. It represents the Almighty Sat, the true Existence.

U is Chit (Consciousness), the Universal Force (Shakti) of the Supreme One which sports as beings.

M stands for the manifestation of God in the individual soul as Bliss. His Supreme Truth-light expands into the bliss of Universal existence through self-conscious Force or Cosmic Energy. This is the meaning of Aum.

Yogis in deep meditation see the divine light shining betwixt their brows. God is the Light of all luminaries – the sun, the moon, the stars, the flaming fire and other effulgences. Bliss is inseparable from the spirit of Man. It is pervaded by God who is Bliss. To know him, to feel Him,

to keep self-identity intact makes life a continuous delight. To forget Him in the ignorance of egoism is misery. He, the Sound and the Light, the eternal Truth, is in us as pure Delight. Let us know Him thus and live in Him.

**The heart's Beloved, Universal One,
The Ocean of Delight is Heaven's Sun.**

The heart is where you put your hand and assert, "I did this," and "This is mine." It is the seat of the Individual spirit, the God in the man. The same Divinity that dwells in our hearts, pervades the entire universe. All beings are filled with the flood of Self-Delight. Like the radiation of the sun, Divinity radiates Grace-Light from the heaven of Consciousness, the *Chit-akasha*. God is the true "I," the spiritual "I" in man. The world outside is the wider "I," the individual universalised. When the senses are in-drawn to the mind, thence to the intellect, thence to the meditative heart and thence to the core of one's being, the ego "I," the lower "I" surrenders step by step to the true "I," the spiritual "I" and the Yogi becomes aware of the Supreme flood of light which gives him bliss-thrills. Heaven is the mystic Sahasrara, the thousand-petalled lotus above the pineal region of the human body. The superconscious Yogi rises to Turiya's peak to enjoy there the nightless day of endless Bliss and the unceasing glow of Grace and Peace.

There are two centres of realisation: one is the heart. Meditation in the heart gives peace and bliss. From this centre, psychic current flows up to the white lotus, the mystic Sahasrara. Following this upward current in his trance,

the Yogi reaches the super-conscious plane of the cerebral region and attains Siddhi (perfection). There he lives in the utter union of self-identity with the Supreme, the Pure One.

**Eight-virtued Lord, is all-inclusive One,
Eternal Goodness, Knowledge and the Known.**

The eight virtues are: immaculate purity, invincible power, infallible knowledge, perfect bliss, pure cosmic consciousness, unbending freedom, unattached attitude (as mere witness) and mastery over the forces of nature. God alone has these eight virtues. He is the Unique, the One without a second. There is nothing to equal Him. He is All, and All in all; nothing without Him, nothing beyond Him. He is the peerless Master of Souls, the Container and the Contained. To know Him is to know all. In deep meditation and trance, He is known as Consciousness-Delight. No need to go anywhere. You can know Him as your very Self by consecrated, concentrated, ingathered meditation. Love Him, live in Him, take refuge in Him. And He will lead you to Himself in the self that is you. There is none other to take His place. None can give what He can give.

**Guide of devoted love, who caused to be
Heat and Light and Air and Earth and Sea.**

God caused all living things to be and gave man love as the means of life. He is manifest in all living beings and in the five elements wherein they live. He is manifest in Nature, who, like a mother, forms and fosters life. Nature is His personality and power. The ethereal vault of heaven

is the infinite storehouse of His power. The electrons, protons and neutrons, whirling invisibly in space release tremendous forces which work wonders on the Earth.

From the ethereal sky, Air was evolved. Air is the vital breath of all life, of man and brute, bird and fish as well as of vegetation. From air, Fire emanated. The sun, the moon and the stars are aglow with the energy of Fire. The sun's rays form the source of light, of warmth and of vital energy. They contain vitamin D. They are the harbingers of health. Without warmth, life cannot exist. The temperature of the blood must be constantly steady at 37°C (98.4°F).

The sea is as wonderful a creation of God as the sky. It is a vast storehouse of water. The sun draws vapour from it and forms the clouds which shower rain on Earth to sustain her – the green Earth smiles and yields the golden grain as food for all her children. Thus, by God's grace, from the heavens to the Earth runs a chain of manifestation of the elements from which bliss flows to all living things. God alone can give us such wonderful sources of bliss. Unto Him alone, we surrender ourselves.

**All things are His; His will rules over all;
All is Himself; He is common to all.**

God is the heart and soul of every created thing. The universe is His form. It obeys His will. Human life can prosper harmoniously together only if the vital-mental ego "I" surrenders to the Divine "I" the immanent Reality in every being. The world and all things that are, belong to Him alone. They belong to nobody else. The Earth is a

commonwealth of His creation. No individual can claim it in part or as a whole, as his own. Hence all humanity should live and can live as one family in God's universal home. His command, as head of the family, is heard in the conscience of every person. If it be obeyed, no outside force is needed and everyone might be a princely inheritor of the Divine Grace.

2. That Which Is

**Transcending name and form and attribute,
The One Supreme exists; pay Him tribute.**

Names and forms are creations of the human mind. Nature knows no name. Forms attributed to God are the supramental concepts of Yogis. They symbolise the attributes of God. Their purpose is to help concentration. The attributes of God are themselves given by the devotees who desire to personify Him. God is impersonal, pure Reality, Splendour, Bliss. He is beyond names and forms. Sugar assumes several forms as sweets. It is known by different names in different languages. But its quality does not differ with these different names in the different languages. It does not differ with the differences in form either. The nose cannot be mistaken for the tongue, merely because it is called *nak* (the Tamil name for tongue) in Hindi. The sun is known as Ravi, Sol, Soleil, Suraj and Nayiru in Sanskrit, Latin, French, Hindi and Tamil respectively. But the same sun is meant by all; it does not change with the changes in its name.

The devotee must look beyond names and forms and attributes. He must look at the transcending Reality that is Truth. He must look through the veil of names and forms at the core of True Reality within. Then only will he see that Shiva means the Bliss Divine, Visvanath signifies the Universality of God and Vishnu, His Omnipresence. One electric current manifests itself in electric lights, electric fans, electric stoves, in the trams and the cinemas. The outgoing mind sees the external variations. The in-gathered mind, concentrated in the heart, sees the One in all the various names and forms. Be conscious of that One, always, everywhere and in every person or thing. All quarrels over the names and forms of the several religions will then cease to be.

**People paint Him variously; but know
One only is; and unto That they bow.**

Men see things through the spectra of their mind and they see the colourless One in variegated colours. They therefore, call the Unique One variously; Allah, Jehova, Tao, Ahura, Mazdan, Brahman, Brahma, Shiva, Vishnu, Narayana, Shakti are some of the names they give God. And they quarrel over these names, unaware of the truth that all these names denote the only One who is All and All in All. There is no "my God," or "your God," "his God" or "her God." The Christian's "Father in Heaven" is never different from the Hindu's "Shiva upon the Kailasa" or the Muslim's, "Allah in Paradise." For God is Truth; He is the spirit immanent in matter, the Immortal in mortal forms and names. Religious bickerings, sometimes developing into political wars, arise out of ignorance. One God,

one universe, one pure Spirit pervading all – that is the truth. Just as all the trees of a grove have their roots in one common piece of land, all things in nature have their origin, their support and their life in the One Supreme Divine. Know Him, feel Him, in your inner self, and be equal-visioned.

**Subdue the senses five; the King in court
Through love behold Him in the fivefold fort.**

Eye, ear, nose, tongue and skin are the five sensory organs. Sight, sound, smell, taste and touch are the five sensations. These tempt men away from their inner peace. They must be subdued. The mind too must obey the spirit who dwells within. Then only deep concentrated meditation is possible. Through meditation and concentration, one becomes conscious of the Pure Indwelling Spirit, holding court in the citadel of the human body. This citadel is ringed in by five encircling walls. These fivefold walls or sheaths of the human body are:

1. The gross material body (sthula sharira)

This is made up of all the five elements and is comprised of the skin, hair, muscles, tendons, veins, arteries, nerves and bones. This is the outer coat of the human being. All differences of colour, caste or clime are seen in this body alone. This is known as the food sheath or *annamaya kosha*.

2. The vital body (Virya Sharira)

This is comprised of the net-work of sensory and motor nerves, including the brain, the sympathetic system, the

ganglions, glands and hormones. This is the fountain-head of the vital breath which is life. It is full of life-energy and links the material body with the mental body. Hunger and thirst, love and hatred, and all other temperamental activities belong to this body. Hatha Yoga is concerned only with the conquest of these two planes, the vital and the physical. This is known as the *Pranamaya kosha*.

3. The subtle mental body (Sukshma Sharira)

This is known as *manomaya kosha*. It is comprised of the mind and the five senses of cognition, The thinking mind is *manas*, the intellect *buddhi*, the emotive mind *chitta* and the egoistic feeling, *ahamkara*; these are the four components of the mind. The mind is tossed about by the egoistic feelings of "I" and "mine" and is in perpetual agitation, swayed to and fro by the strong gusts of hatred and love, likes and dislikes, conceptions of good and evil, and other dualised contraries or *dvandvas*. The three categories, *satva*, *rajas* and *tamas*, the pacific, the passionate and the plumbean belong to this plane.

Mind is the thought-centre. Verily, it is made up of a bundle of thoughts and desires. The intellect discerns, the mind thinks, the *chitta* records and egoism asserts and activates. The *manomaya kosha* veils God from man.

The conquest of mind is mightier than the conquest of the entire outside world. Raja Yoga is concerned with this conquest.

4. Gnostic body or the supramental plane

This is above the region of the intellect and the mind. Mind is like the twilight with its shades of light and darkness and with its dim phantasies and dual contraries. Gnosis is seeing things as they really are, sensing the unity behind the apparent multiplicity. The Gnostic plane of consciousness is the abode of intrinsic equal vision. All attempts at forming a world union, a universal state, a commonwealth of united nations are futile without the attainment of this plane of Consciousness which is beyond the reach of mere intellect. Complete surrender of the ego "I" to the Divine "I" in man is the only way to reach this plane of harmonious vision called *vijnanamaya kosha*.

5. And, lastly the bliss-body or the *anandamaya kosha*

This is the casual body. Divine delight can be felt only on this plane. Deep meditation and complete self-surrender and remaining devoid of all thoughts and mental activities constitute the way to attain to this plane of Consciousness. The pure Atman, the King who reigns supreme is within, beyond these five outer enfolding *koshas*, the Self of all selves, the life of all lives, directing everything, witnessing everything and unattached to the results of activities in these five planes. To know Him, perfect control of the senses, of mind and thought is an imperative requirement.

**Within the heart, as Knowledge-Self He is
Whose holy Grace ordains abundant Bliss.**

Real delight flows only from the realisation of the Inner Self whose nature is All-Knowledge. Self is the thing to be known. By knowing it all is known and no other thing is there to be known. It is the Essence of knowing. It is the Truth-Consciousness, the Sat-Chit, the Truth-Light, in each one of us. And it is attainable only if the holy grace flows like honey from the blossom of Divine Energy which only blooms in an atmosphere of concentrated devotion and serene meditation.

**Awake, arise and Heaven's Kingdom see;
Within thyself lies that Felicity.**

Awake from the mental delusion and the seeming tangle of dualities. Rise above the intellect, to higher planes of Truth-Consciousness-Bliss. Reach in consciousness the White lotus, the *Sahasrara* and behold the Kingdom of Heaven there whose King is the Pure Eternal One who is the Self of yourself. He, the King-Spirit, is All-Consciousness. He radiates Himself everywhere. The impurities of the lower nature never trespass into that Heaven of the Purest. Be steeped in the flowing current of its conscious Energy; that is supreme Felicity, eternal Delight. That is Spiritual Rebirth and Life in the Heaven of God.

3. Manifestation

**Know ye the Knowledge-Sun whose rays of Grace
Pervade in full, and everywhere in Space.**

The pure Spirit dawns like the rising sun in the placid horizon of the peaceful void free from the mental clouds. Just as the material sun manifests itself radiating energy every-

where, the Divine Spirit manifests itself as the Knowledge-Sun radiating spontaneously its creative Energy. All life is the radiance of that Exultant Spirit; and hence life in essence is Delight. Since the Divine Spirit is all pervading, in every life, Life Divine is also omnipresent and one must have the consciousness to realise the truth. The Supreme Divine and His Energy are like the sun and its rays, like whiteness and milk, like sweetness and sugar. The radiance of the sun is the same light as its flaming self. The radiance of the Bliss-Divine is the same unbounded Bliss of His Grace. And hence, the truth of life and the living Spirit is Bliss and Bliss alone.

**Supreme Master, the unbound One looks on;
His presence provokes fivefold works anon.**

Creation, preservation, destruction, involution and evolution are the fivefold action that takes place in the all-witnessing Divine Presence. The Pure Supreme is unattached to these incessant activities. He remains the eternal witness and the passive background. His Presence radiates the Cosmic Energy which creates, sustains, and uncreates, turning the wheel of evolution up and down. The sun rises; the rays spread out spontaneously and paint the universe with wonderful colours of living beauty. Its very presence causes flowers to bloom, awakens bird and animal life and activates all creation. New flowerbuds sprout, old flowers fade and fall and decay into dust, merging in the soil whence fresh plants sprout and grow and yield fresh flowers again. The fivefold process thus goes on eternally, every moment, at every place throughout the entire universe. The Pure One simply looks on unconcerned, a blissful Witness of the unceasing play of His Cosmic Force.

**The Seer sees the One from whom emerge
All universe and into whom remerge.**

Water from the sea evaporates and pours again as rain to come back to the sea as rivers. Even so, the universe of beings emerges from sentient Power of the unique One and returns to merge again in the Divine Power. It is the source and culmination of the stream of creation. It is the root and shoot and flower and fruit and seed of a further growth of life. He who knows this secret is never affected by the passing in and out of things, by gain and loss of circumstances and surroundings and by the involution and evolution of life. He has his firm foothold in the All-per-vading Spirit within him and is as He is.

Gospel of Perfect Life

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