

Dr. Shuddhananda Bharati

Guiding
Lights



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Editions

Editor's Notes

This Book gives the Yogic illuminations
got by the Indian Author, Kavi Yogi Maharshi
Dr. Shuddhananda Bharati from inspired Sages
Perfect and saintly Yogis like Jnana Siddha
Sai Baba, Ramana Maharshi, Sai Ram,
Aurobindo, Gandhiji and from
A study of Ramathirtha,
Sadasiva Brahman,
Saint Francis,
Arunagiri,
etc.

This is a valuable Guide for Sadhaks.

It is a real pleasure for me to present this treatise on *Guiding Lights* to you. It was written in Madras in the south of India.

A warm thank you to Martin Brofman for the preface of this book.

Thank you, Dr. Shuddhananda Bharati for having transmitted *Guiding Lights* to us, it is written with so much love. The first edition of this book is dated on 11 May 1976.

Christian Piaget

Preface

In this highly devotional work, Dr. Bharati shares his insights and his personal experiences of those Beings whom he considers as Guiding Lights in his personal life, as well as in the evolution of our planetary consciousness. Reading these accounts, one cannot help but be impressed with the knowledge of the writer as well as the depth of the philosophies being shared.

This book is for anyone interested in the history and philosophies of India, and of those who have contributed to its evolution. For those new to the ideas presented, it is a fascinating and detailed glimpse into the consciousness of someone having spent years at the feet of the Masters – and for those already familiar with the culture and religion of India, a lovely reminder of the living philosophies of this highly spiritual region.

As one reads the author's accounts of the evolved Beings he has met and spent time with, one may notice the parallel process in the consciousness accompanying the words being read – ideas stimulated by the remarkable lives being described and their dedication to the ideals they personified.

When one reads of the amazing number of these remarkable Beings the author has spent time with, one can only be impressed, considering that his path may well have had as its purpose the recounting of his experiences, as shared in this beautiful and detailed writing.

Martin Brofman

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)*

*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 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 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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1. Lights on Masters

You are the Light of Divinity. Go deep within; the music of serene silence leads you on. The mystic Aum-Light calls you within saying: "I am, Aum." Life is an efflorescence of its splendour. It harmonises the many in the one. It is the I-Self, the individual. The universe of beings is its All-Self. It is the same beyond name and form – the cosmic-Self, ever as it is, immutable, immortal. To realise this Cosmic Selfhood, to see that Self in All, is the goal of Yoga, Vedanta, Siddhanta, Religion or Dharma. The technique of attaining That is Yoga. Yoga is the Gospel of perfect life in tune with the Self-I that pervades all beings and transcends all.

"Be a Yogi! The Yogi is more than a man of askesis (tapasvin), more than the man of Knowledge. Live and act as a Yogi in Divine consciousness."

This is the clarion call of Sri Krishna to humanity through the medium of the heroic Arjuna.

Sri Aurobindo

Sri Aurobindo, the modern Superman, rediscovered the virtue of Yoga as a dynamic force of the harmony of existence. He declared: "Live in Yoga with the Divine, a life divine." He maintained with Sri Krishna that the entire range of existence is Yoga and Yoga is skill in work; it is the love dedicated to the Heart's beloved. It is the light of Knowledge which enables us to live in conscious communion with the Divine. "Yogi is myself *Yogi tu anatmaiva*," says Sri Krishna.

Ramana Maharshi

Ramana Maharshi, who lived in *Sahaja Samadhi* all his life, had one significant message for humanity. “Live conscious of the Supernal “I” speaking in the heart I am, I am here; to establish oneself in the I-heart is Yoga, Yoga of love or light.”

I had the unique delight of spending thirty years in Yogic silence, steeped in *Mahaturya Samadhi* at the feet of these two great Yogis of our days. I have recorded my intuitions in the *Yoga for All, Secrets of Yoga, Gospel of Perfect Life, Pilgrim Soul* and *Bharata Shakti*, which these two spiritual titans appreciated and blessed.

Mahatma Gandhi

I was in close contact with Mahatma Gandhi, the ideal *Karma Yogi*, who dedicated his life to Truth and Ahimsa and won our freedom fight by his moral-force. He once told me the essence of the *Ramayana* and the *Gita* in one memorable dictum – *Bolo Ram Karo Kam*. Say Ram and do work.

Sai Baba of Shirdi

Sai Baba of Shirdi, whom I saw with Lokamanya Tilak after attending the Lucknow Congress in 1916, declared: “Allah Malik-Chupraho-Allah achcha Karega.” “The Almighty God is our Lord, our Master. His will is done. He will do good. Let the ego-you keep quiet and silent, consecrating everything to His will.” This is Yoga, complete surrender to the Divine Will. I lived at his feet for five months

and learnt the supreme secret of Surrender to the Divine. Once he touched my heart and said: “He is Here – Be aware of Him with every heart beat.” That is Yoga.

A psychic science

Maharshi Purnananda taught me as a little boy, the *Gita* and Patanjali’s Raja Yoga and steeped me in meditation. He taught me asans, Pranayama, Mantra japam and meditation in the heart centre. It was a mystic Himalayan Sage – Jnana Siddha – who was my real Guru in initiating me in the Yoga of the Vedic Rishis.

Yoga is a psychic science, a dynamic life in communion with the Divine that is the heart and soul in us. It is to live in touch, union, contact and psychic communion with the inner Divine to begin with and, progressively, it is to attain at-one-ment with the Self Divine. It is consummation of the human in the Divine. It is neither ascetic bareness nor pragmatic denial. It is not other worldly escapism; nor life-extinction. “I live in wealth and royal luxury,” said Janaka “but my mind is not attached to them.” Jnana Siddha taught me how to live and move in the world like sun and moon, spontaneously doing our duty in detached peace.



2. Sama Yoga

Epictetus affirmed: “All philosophy lies in two words, *sustain* and *abstain*. We must abstain from the restless mind and lower nature and sustain life in tune with the Self-Bliss that is our truth.” Jnana Siddha taught me all systems of Yoga but maintained that they are limbs of the *Sama Yoga* that enables one to live conscious of the unique One – the One that thinks in the brain, feels in the heart, sees through the eyes, hears in the ears and acts through the motor and sensory nerves. The Divine Self in us lives in a fort of five encirclements – gross body, vital-nervous body (*virya sharira*), subtle mental body (*sukshma sariram*), gnostic body (*vijnana*) and bliss body (*anandamaya kosham*).

The Self is Truth consciousness-bliss. So, to realise the central Self Divine, one has to transcend and surpass these encirclements by prescribed *sadhanas* – Hatha Yoga for the physical body, Pranayama for the vital body, meditation for the mental body, self-enquiry for the supramental plane and self-aware delight in the Bliss plane and Maha-Samadhi of Sahaja Samadhi in the plane of Chit and Sat. The Atma is Sat and Chit, Consciousness-Truth. Beyond these seven planes – physical, vital, mental, supramental, bliss, consciousness and Truth, I probed into the inner psychic realms and discovered the higher planes of Purity, Peace, Power and Aumkar. The Supreme Light that enlightens all these planes flashes from the Sahasrara above when the inner communion is intact. A powerful Guru switches the current of Grace-Light which lights all planes.



3. Mula Yogi

This is the process of the Mula Yogi who gave us the unique book of Yoga – The *Tirumandiram*, which I have elaborated in Tamil and English. The Mula Yogi says: “One can’t discern God even after many, many years of Yoga. One must open inner communion and inner vision. Then he can find out the intrinsic peace which receives and reflects the Light Divine.” The *Upanishad* says: “Control of the senses and stilling of the mind is called Yoga.”

But *mano-nash*, or annihilating the mind, alone will not do. Body, vital and the mind are lower planes. Sat-Chit Ananda are higher planes. Vijnana, or the super mind, is the link plane. How to transcend all these planes? Jnana Siddha said: “They are the seven planes of our being. Hatha Yoga, Raja Yoga, Karma Yoga, Bhakthi Yoga, Jnana Yoga, Mantra Yoga and Tantra Yoga are the seven Yogas that can conquer these planes, but these Yogas are not separate and elusive.”

They are like body, nerve, brain, brawn, heart and soul of one *Sama Yoga*. Equal vision is Yoga “*Samatvam Yoga uchyate*,” says the *Gita*. “Go ensemble – be equal-minded, be equal-visioned in the heart,” commands the ancient *Veda*. Lord Mahavira organised a *Samava-Saranam* and seated around him savants, sages and devotees, even animals, and made them self-conscious. Know the One and you will be aware of the All – this is the *Sama Yoga* that can unite all in soul’s harmony.



4. Jnana Siddha

A word about Jnana Siddha is relevant here, for it was he that mapped out my existence and guided me impersonally from within. Such an inner guidance comes to Vidhya Kalas or self-knowers, according to Siddhanta. I was with him in my last birth doing tapasya on the banks of the Ganges at Varanasi. He taught me the secrets of Yoga and died requesting me to record them for the good of humanity. A sudden flood swept off my body and this birth came for recording in Yogic silence, inner intuitions. The same Jnana Siddha came early in my boyhood to awaken me and activate my self-consciousness. It happened like this:

My soul was not satisfied with books and teachers. The class room was a prison to me. I often spent my hours in composing hymns on God. I lisped in numbers and lived with the inner Divine. My teacher one day snatched away my poems, took to task my craze for poetry and struck me with his cane. I ran and ran like Thompson's Hound until I reached a mango grove, a mile off. I sat in contemplation on a bridge and saw my care-worn face reflected in the lake below. The Hamletan pessimism of "*to be or not to be*" possessed me. I stood up and was about to jump into the lake when a strong hand dragged me into the grove. My mouth would not open before that awful personality, so tall, strong, luminous and lovely. I sobbed, muttering "Why should I live in this miserable world? Home and school disgust me." "My child," he said, "You are mine. You have a mission. I will give you force to fulfil it. Be quiet and self-composed. Here is your secret." I felt a new

peace and joy thrill as he passed his magnet-like fingers across my spine and often patted my chest saying: "Jago Jago, uto. Wake up, wake up and stand up." He spoke Hindi and fortunately I knew Hindi fairly well. He initiated me in inner Pranayama, in Jayasan, in Prana mudra, in deep meditation, in introspection and at last in *mano nash* and Sahaja Samadhi. He trained me for six months. He impressed me so deeply that I could not forget him all my life. He promised to guide me from within. He chalked out my pilgrim life which went from saint to saint until I settled in inner Silence. I once met him near Kedarnath. He led me to the Agasthya Guha five miles off and there I was able to finish the Sadhana Kandam of my life work, Bharata Shakti. He gave me for food, the green lichen covering mountain rocks and taught me how to control hunger, thirst and sleep and remain conscious of the Self-Divine. Even today I get his guidance within and his sun-like smile shows me light. His teachings have touched my heart and influenced my life. I shall give a few of his teachings here for they form the basis of *Sama Yoga*.



5. Twelve Teachings

1. Keep the body and nerves strong and fit by easy asans and inner cleaning.
2. Do inner Pranayama and Sabda Pranayama after doing rhythmic breathing.
3. Take pure food, pure boiled water. Prefer fruits, nuts and leaves more than cooked stuffs. Earn your livelihood and never beg or depend on others. Gain need and shun greed.
4. Observe silence and solitude. Then the soul will speak to you. If needed, speak to the point and keep to yourself away from crowds.
5. Read and contemplate on inspired works. Cultivate thought force. Write down intuitions and pass them on to Mankind. Your *book* must come from *inner look*. Bharata Shakti is your life work.
6. Seek the company of great sages like Sai Ram, Ramana and Aurobindo but be yourself. Rise above personalities to the impersonal Self that is in your heart: be God-centric always.
7. Read but think more and write more. Let intuitions flow through your pen. Be silent and alone when you write.
8. Think in terms of one God, one better world and one transformed humanity and not in terms of names, forms, images and personalities. Off with petty minded casteism, religionism and separate egoism.

Religion divides, Yoga unites. Live in Yoga with the Inner One.

9. Fight against hostile forces by prayer and silent meditation and Japam. The Divine Will shall prevail and you will find guidance in inner peace and equipoise.
10. Do not waste time in listening to demented bagatelles of unripe minds and half-baked effusions. Prefer silent self-communion before realised Sages, more than wordy discussions of book-worms. Avoid Mr. Ego and Madame Vanity.
11. Observe the routine of five asans, inner Pranayama, sun bath, water bath, pure food, pure water, meditation at dawn and dusk and midnight, Mantra japam, holy study and writing, dedicated work (writing for you). Cultivate God-love; go deep into the heart for union with the Divine. Develop Cosmic Consciousness and Cosmic Energy. Regard every woman as "Mother Shakti" like Ramakrishna. Serve saints and sages. To write their life and teachings is a Sadhana for you.
12. Call on me "*Aum Jaya Aum*" in all difficulties. Do continuously with every breath, your Japam Shuddha Shakti Aum Sivam. You will see me and feel my Guidance from within.



6. Galaxy of Saints

Yes, the Siddha kept his word. His Grace opened my heart like the rays of the rising sun which opens lotus buds to exude honey and spread aroma. "Be happy like a moon-kissed lily and sun-kissed lotus and a Grace-kissed soul. Yoga is to feel in the soul, the embracing unity of God." He used to say. One day he led me to the graveyard and said: "Here ends man, the body. His bones are scattered here. Where is the soul? Be dead to the flesh and alive to the soul in you."

Such Yogis are the very embodiments of Yoga taught by the *Vedas*, *Upanishads*, *Gita*, Patanjali and modern Sages who preserved the traditions.

Many Yogis have disappeared into the limbo of oblivion. Saint Francis, who perspired the blood of Crucifixion, Sainte Theresa, the seraphic virgin, Attar, Hafis, Byozid and Jalaludin Rumi; Buddha, Milarepa, Bodidhamma, Lao-Tseu, Kabir, Mira, Tulsidas, Surdas, Thukkaram, Ramadas, Chaithanya, Vallaba, Ramanuja, Madhva, Shankara, Patanjali, Nammalvar, Andal, Appar, Jnanasambandar, Sundarar, Manikka Vachakar, Tirumular, Sadasiva Brahmam, Tayumanar, Pattinattar, Ramalingam, Ramakrishna, Vivekananda, Dayananda, Sri Aurobindo, Ramana Maharshi, Sai Ram, Siddharuda, Meherbaba, Sivananda, Kamakoti Acharya are some of the prominent personalities that stand foremost in the galaxy of graceful saints and Yogis.

7. The Buddha spoke

There were prophets silent all their life, living their realisation. Their very peace radiated bliss. Their occasional words became a Gospel. Their inner Truth worked wonders. Neither Buddha nor Jesus wrote anything. But years after their passing away, *Dhamma* and *Bible* were written. Asoka built an empire in the name of Buddhism and gave a form to the teachings of the Buddha. Long after Jesus, the *Bible* truth built a magnificent Christendom.

Buddha, the Enlightened, spoke first to five disciples and then to the public in the Deer Park (Saranath). His gentle words spread all over the world and developed into many moral, ethical and psychic codes of life.

Seeking nothing he gained all; desiring nothing he won the world. Conquering cravings, he conquered hearts. Buddha once stood silent holding in his hands an apple and an orange. The eager audience grew impatient. "Speak, O Buddha," cried the hall. "I do speak but you do not understand," replied Buddha smiling. "Open your lips and speak in our language," insisted devotees. "Behold in my hands – an orange and an apple. This is love and that is faith. They ripen in silence. Even so, silence desires; control the restless mind. Your life shall smile with peace. Your nature shall become sweet and lovely."

Buddha taught for fifty years: "Take the middle path (Asreyet madhyama vrittim); avoid extremes (ati sarvatra Varjayet). Question me not about supra-cosmic entities. All beings shun suffering and all love life (Sarvesham jivitam



priyam). So do not hurt any creature. Waste not the fleeting life. Use it wisely for self-uplift, self-purification and compassionate service. Shun evils like a rotten fish. Like sweet smelling flowers, like virtues." So preached the Buddha. The eightfold path of enlightenment taught by the Buddha is: right view, word, wish, work, effort, living, right reflection and meditation. His dasaparimitas, ten disciplines, are: charity, purity, sacrifice, wisdom, courage, patience, truth, love, resolve and equanimity (Dana, Si'a, Nikkamma, Panna, Virya, Kanti, Satya adhishthanam, Metta, Upekka dasa parimita srutam).

Buddha had a programme for daily life. He woke up early in the morning, finished his ablutions and meditated for an hour. Then he went about the streets with the begging bowl. He took his meals before midday and had rest. He then taught his disciples. In the evening, he taught the public. The night was spent in calm meditation. During winter months he stayed in one place and trained his followers. Other months, he moved with his Bikkus, preaching from place to place. He taught Dhamma, or right living. Action, good or bad, leaves behind an effect. Killing, wounding, harshness, rudeness, greed, gossip, slander, envy, theft, lust, anger are sinful; they must be avoided. Purity of moral conduct (Sila bhavanam), good thought, word and deed, politeness, respect to elders, merciful service to humanity are the sublime duties of Mankind. "What is odious to you, refrain from doing to others," says Vyasa in *Mahabharata*. The same golden rule was preached by Buddha and Christ. (Atmana: praticulani paresham na samacharet). Perfume adds charm to the colourful beauty of a flower. Even so, good deeds add charm to gentle

words. Tat twan asi (thou art that Truth) says Vedanta. Ekam Sat (Truth is one) says the *Veda*. Tat Tata (be that which one ought to be) says Buddhism.

There are varieties of Buddhism. Hinayana or Teravada insists upon renunciation, self-effacement and asceticism. Mahayana, or the larger path, utilises life value evolving towards peace and meditation, step by step.

Guiding Lights

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