

Dr. Shuddhananda Bharati

Sama Yoga

For health, energy, peace, bliss



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Editor's Notes

Saint Shuddhananda Bharati

Kavi Yogi Maharshi Shuddhananda Bharati was a scholar, linguist, scientist, seer poet, saint and the sage of the Cosmic Age. He was ever agile and active, writing, singing and doing good. He was a Universalist, who was not bound to caste, religion, colour and race or geographic boundaries. He was an apostle of Sama Yoga which seeks for a synthesis of science and yoga, West and East, the actual and the ideal in life. He was a master of English, French, Tamil, and Telegu. He knew Hindi and Sanskrit. He was an intuitive genius who lived with great men of this age and improved his knowledge.

Maharshi Purnananda Bharati taught him *Gita*, and he learnt Raja Yoga from sage Patanjali. Jnana Siddha initiated him in Sama Yoga. Shirdi Sai Baba taught him Sabda Yoga. Siddaruda Swami taught him Mantra Yoga. Ramana Maharshi opened

his heart and made him meditate in the cave of Tiruvannamalai Hills.

It was Sri Aurobindo and the Mother that took special interest in him, taught him Supramental Yoga, made him a French poet and steeped him in silence for twenty-five years at their feet.

During this time Kavi Yogi wrote *Bharata Shakti* or the "Epic of Supermen", a scripture of New Era Humanity in Tamil. He mastered European classics under the great heroic scholar and barrister V. V. S. Ayyar. He spurned wealth and worldly status and remained an ideal sanyasin all his life, giving everything he got to education. He went round the world seven times and lived with all the divine personalities of the last century and saw all the world thinkers and scholars, like Romain Rolland, Bernard Shaw, Bertrand Russell, Gustav Just, etc. Russia honoured him richly.

His Yoga Samaj is a spiritual, cultural and scientific centre, which teaches Higher Yoga to real seekers, cures diseases by

Nature and cultivates science and Yogic life. He has written 1500 songs. His political creed is Spiritual Socialism, based upon cosmic soulhood.

The Earth is one, the breath is one,
The sky above is one;
Humanity in soul is one;
The goal of life is one.
North and South and East and West
Are one in horizon;
This harmony of life is best
When all are everyone.
Prosper all! Prosper all!

Our aim in life

Our life is a soul force involved in matter. The matter and the soul are like the body and the driver of a car. Yoga goes deep into the soul and opens inner mysteries and releases the divine force in our mental and psychic being. Science solves the external problems of life. Both unite to build up the harmony of collective universal life. Then we can see a transformed

new humanity and ring in the blessed anthem of Peace for All.

A constructive science and dynamic Yoga can lead nations to live a life of purity, unity and divinity and liberate the mind from war mania.

There are rare powers pent up in the psychic centres; there are higher inspirations that can kindle genius and manifest the divinity in humanity; Sama Yoga equally releases psychic forces and inspirations in men and women and promotes the vision of One Divine Humanity.

The world is our temple; the sum-total of mankind is our universal God in the soul. To love and serve is our worship for the felicity of mankind.

Let us dedicate our life to attain this goal; let us come together, walk abreast, speak from our conscience, think alike and live one body in the inner Spirit for the total felicity of mankind. Prosper all, conscious of the One in all.

It is a real pleasure for me to present this treatise on *Sama Yoga* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *Sama Yoga* to us. The first edition of this book is dated on October 8, 1978.

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)*

*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 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 Dr. Bharati Shuddhananda bloom and scent the entire Earth with its divine message and spiritual and unifying benefactor!

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Sama Yoga

1. Lights on Sama Yoga

'Sam' is an auspicious word in the *Veda*: It means prosperity, integrality, peace, plenty, fullness, inseparability, abundance, excellence. In English 'sum' means total, summum bonum, highest point, supreme goodness. 'Sambu' is a word for Siva, Vishnu, Bhuddha, Arhanta, Surya, Brahman etc. The word 'Samanai' means Siva-Shakti, the highest stage of spiritual development. 'Samartha' means all powerful.

Sama Yoga was conceived from the Vedic hymns beginning with Samgachcha Twam. "Brothers and sisters, assemble together, speak from the heart. Common is our purpose, our thought-force and our mission. Let thoughts unite for the common good. Let hearts and brains unite for the common good." This call for unity and solidarity is the inner spirit of Sama Yoga. Saint Thayumanavar gives a collective call to mankind: "Behold the crows getting

and eating together. Limitless flood of Consciousness Bliss flows everywhere in plenum abundance. Its joy is for all. Before this body falls, come collectively, O Humanity and enjoy the feast of Divine felicity." "Grant me the virtue of loving every life like my own. For I behold Thee wherever I turn my eyes. In the morning blossom Thou smilest. As I raise my hands to worship, I behold Thee within me" says the saint of cosmic vision. The Sufi saints Jalal ad-Din Rumi and Bayazid declared, "God alone is; the I is nil." I went in search of God until He cried from my own heart "O I-Self..." This is the spirit of Sama Yoga.

Saint Appar affirms "None can behold Him unless with the eye of introspective vision." To develop this inner vision and see the One in all and all in the One is Sama Yoga.

2. The One in all

We live in the days of fluid dynamism and mono-substantiality in science. Scientists see the play of one atom in all the manifestations of nature – light, heat, magnetism, electricity etc. Millions of colour bulbs lose their colour and glow when the current stops. Religions lose their value if the fundamental truth is not realised. It is the truth of the unique One; whether it is or you or he or she or that or this, everything moves by one Spirit which is the life of lives. To be conscious of this Cosmic Spirit and its omnipresence is Sama Yoga. Call it by any name; the inner truth is the same. A master ordered his faithful servant to look after the door and went to another village. The servant was looking at the door all night long; but he felt sleepy. He removed the door to his hut and dozed upon it. Thieves entered the open house and looted everything. The master, who returned seeing the house empty, ran in a hurry to the servant's cottage and saw him sitting upon the door. "I am guarding the

door faithfully," said the poor fellow. "Fool, by 'door' I meant the house," cried the master. Even so mere care of the body will not do; body, mind, psyche, spirit and God behind all must be discovered and life developed by inner consciousness. This total discovery and integral development is Sama Yoga.

3. Inner communion

"Eat this," said the doctor to a colic patient, giving him the prescription sheet. The poor fellow ate the sheet and not the medicine written on it. The colic pain became worst. Not mere book, but inner look, inner consciousness introspection and intuition must be developed to bring peace to the wandering mind and to open psychic consciousness. Existence is like a motor journey. The body of the motor, petrol and dynamo alone cannot run the car. The driver must be there and he must obey the Master behind. In the body-car is seated the Master Soul. Bhuddhi the driver drives the car to the Master's order.

The car reaches the goal of divine bliss keeping to the right path of truth and love. Truth is the fountain of life and love is its flow, love is the manifestation of the psychic purity – purity in thought, word and deed. All are born with a common soul and the goal of all is cosmic soulhood; humanity must evolve towards its innate divinity by following the law of the soul, expressing itself in purity, unity, truth, love, compassion, devotion, meditation and realisation of the One that is the all. Sama Yoga transcends all narrow domestic walls, rise above all mental divisions to the sky-wide, horizon-broad, Cosmic Soulhood. It follows the Divine Grace which dispels darkness and rises like a golden sun in the heart. The divine effulgence fills the being effacing the I and mine ego. To achieve this glorious realisation, we must have a deep aspiration. Call the Grace from below with a pure heart; live a pure life of Truth-Love and the Grace descends into you. Sama Yoga adopts the Zen discipline of meditation and the Jain principle of Samavasarana in

which all gather conscious of the One Inner Master who speaks in silence, "I am the Soul that you are." The Sama Yogin is strong in body by doing five asanas and inner pranayama and Vasi Yogam (Siddhar's term to activate the inner light). His breath is well controlled by Kevala Kumbhakam by which it attains an inner dynamism. He keeps his conscience pure like a clean flute and the Divine breathes aumful music into it. He closes the stops and opens the needful ones to play the melodious cadence of the soul. He dives deep into the silence of motionless peace and brings out gems of rare wisdom. He finds the height of Truth-Light by sounding the depth of Self-consciousness.

Rare is human life, rare is self-culture, rarest is self-realisation. Self plus mind is man. Man minus mental distortion is self. Life human is mental; life divine is psychic and spiritual in the peace and bliss of Self-consciousness.

Real victory in life is victory over the mind and the senses. Real happiness is the

happiness of the heart settled in self-bliss. Real world is the world of thoughts and ideas. Real life is the life of the spirit which is eternal. Real body is impressions created by Karma. Real birth forms rebirth in Divine Consciousness. Real home is the heart. Real progeny is spiritual bliss born of the joy of Soul-God union in meditation. Real religion is this realisation.

Sama Yoga gives you a strong body, shining brain, joyful life and peaceful heart. It stimulates the current of inner dynamism to fill you with tremendous energy. This energy flows from easy asans, pranayam, meditation and self-realisation. Learn asans now.

Broad like sky, deep like sea,
Bright like rising sun.

Soft like breeze, busy like bee
We are one communion.

Prosper all, prosper all,
United soul to soul.

4. Asans for all

Keep fit drill

Asans are poses that train the endocrines and other nerves in the body. They give health and energy. Poses are many, many. We have no time to do all of them. We have chosen here some dynamic poses that are enough to keep body fit and carry on life-work pleasantly and perfectly.

1. Breathe in seven Aums in ascending scales and breathe out seven in descending scale.
2. Walk eight steps forward with rhythmic Aums and walk back the same manner for two minutes.
3. It takes fifteen seconds for an Aum unit in ascending and descending scale. Have this time limit throughout out these exercises and rhythmise your inspirations and respirations. Sing Aum for a minute.

4. Massage all muscles, repeating Aums to warm up the body. After exercises, you can take the oil massage or herbal massage or friction bath and then take a whole bath.
5. Stand erect, turn the head right, left, up down and roll with Aums.
6. Hold hands up above the head; turn the hips along with hands right and left for 2 units. This exercise will give vigour to hips, hands, abdomen and chest.
7. Swing arms: stand straight, look straight, put will in shoulders, swing arms clockwise and roll eyes too as you swing. Then swing counter clockwise, breathing in and out Aums.
8. Stand straight, hold up right hand, down and hold up left hand down; continue this for one unit.
9. Stand straight, take deep Aum breath, hold up both hands. Then stretch them along both shoulders.

10. Alternate swing: hold up both hands. Swing them alternately sideways with Aums. This will give strength and vigour to the shoulders.
11. Squat down on the heels firmly; slowly rise up with Aum breath. Make an angle with the knees and remain for one unit; then rise up.
12. Stand straight; put will on the waist. Lift the whole right leg making right angle with the other steady leg. Do this alternately. This will exercise the legs and hips.
13. Stand up; hold hands up. Then bend down; touch the floor with palms. Now quickly rise up, swing arms aback and clap palms.
14. Circling poses: bend down as before, touch the floor. Then swing hands and hips left then right, making sideways circles. Roll the abdomen as you swing the hands this side and that. This is a good exercise for the abdomen, hips

and shoulders. This will make Noulis
easy.

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