

Dr. Shuddhananda  
Bharati

The Secrets  
of  
Sadhana



ASSA  
Editions

## 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

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), 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, *L'Ame Pèlerine (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!

That beauty and greatness of soul of Dr. Bharati Shuddhananda bloom and scent the entire earth with its divine message and his spiritual and unifying benefactor!

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## Chapter I

# Sadhana

### 1. Sadhana defined

The word Sadhana means effort, accomplishment. It is making effort towards self-finding and towards the perfection of the human through union with the Divine. A river struggles through the ups and downs of nature to pour itself finally into the vast ocean. The human soul struggles through the levels of Destiny, through a thousand vicissitudes of life, to pour itself into the unique ocean of peace, bliss and truth. The goal of the waters is the sea. The goal of Man is God. All pure efforts that lead Man towards God are Sadhanas. All that hinder it are the opposite.

### 2. Mental darkness

There is a latent want in Man. He wants something and knows not what. He wants to see something and knows not the what-

where-and-how of it. Nothing in this changing world satisfies him permanently. The sweets of today become bitter tomorrow. Friends desert, hopes fail, props fall.

The pleasures that the senses bring are momentary. Man is like a prisoner confined in mental darkness. He cries for light; he yearns after freedom. The fireflies of sensual pleasures do not satisfy him; nor even the gems and diamonds of the highest intellect; nor do even a worldwide name and fame stand to his purpose.

Behind the moments of sense pleasures lurks an eternal perturbation of the mind. The mind is a sea of surging emotions rolling here and there.

### 3. Where Sadhana begins

Life is a tiny boat launched in the troubled waters of the mind. Before it is its mysterious destiny; behind it follow, at its wake, the sharks of fate. Calm and storm, sun

and rain, hail and mist come on the way and hinder the progress of the boat. Man sees his intelligence often outwitted and thwarted by the forces of Nature. One day he is caught in the whirl of a relentless storm, and cries, "O Power above, save me! I am humble, poor, helpless. I realise the vanity of my self-sufficient mind. You are my only prop. You are my true Father, my loving Mother, my faithful Friend. You are my light, my leader and my destiny too. To love Thee is love; to know Thee is knowledge. Let Thy grace lift me to the purity of Thy love, to the reality of Thy knowledge!" When the heart of Man sends such an aspiring call towards the Divine, then begins real Sadhana.

#### 4. What is the necessity?

The pragmatic intellect may ask what the necessity of Sadhana is. It may imagine that Man can very well eat, drink, enjoy life, hoard wealth, lay mines, throw bombs, conquer and rule the Earth without ever thinking of God and of Sadhana.

But such a life is life in ignorance and vital egoism.

Existence is a vast playground of the modes of Nature (Gunas). Man plays there the blind-man's-buff. His eyes are firmly tied by mental ignorance. Mental ego leads him to the vale of tears.

Man touches this and that; from home to world, from China to Peru, he wanders; and he experiences the dual effects of the external Nature.

He finds no liberty, no peace, no contentment; he imprisons himself in his own ambition, a slave of his own valet, desire. He finds his thoughts and activities tightening his chain of misery. The bell rings the name of God. Scriptures with one voice proclaim that God alone is pure delight, real knowledge, absolute truth, all-powerful love.

Once Man touches His feet, the veil shall fall, freedom shall come, truth shall dawn, and joy spring up from the heart's core.

God is our heart's Beloved. To believe and live in His consciousness is the first step of Sadhana.

## The Secrets of Sadhana

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