

Dr. Shuddhananda Bharati

Shuddhananda  
Natananjali

*Dance Worship*



Editions ASSA

## Editor's Notes

Dance Bharata Natyam also called as Sadhir Attam, is a major form of Indian classical dance that originated in Tamil Nadu. It has flourished in the temples and courts of southern India since ancient times. It expresses religious themes and spiritual ideas.

Description of Bharata Natyam by 2nd century CE is noted in the ancient Tamil epic *Silappatikaram* (*Silambu Selvam*), editing in Editions ASSA, while temple sculptures of 6th to 9th century CE suggest it was a well refined performance art by the mid-1st millennium CE. Bharata Natyam is the oldest classical dance tradition in India.

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 Maharishi Dr. Shuddhananda Bharati about this beautiful dance of life in the assembly of Heart, *Shuddhananda Natananjali*.

And a warm thank you to Maha Shakti for her help in editing this book.

It is a real pleasure for me to present *Shuddhananda Natananjali* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *Shuddhananda Natananjali*.

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  
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 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 one of the greatest Tamil poet, having translated into this language: *Gita, Upanishads, Veda,*

the *Bible*, the *Koran*, *Avesta*, the *Buddha-Dhamma-Sangha* and *Tattvartha 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: "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)*."

Editions ASSA, Christian Piaget

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

Dr. Shuddhananda Bharati



## Preface

To realise with what reverence Swamiji held the Art of Dance, you can see the opening poem in this Book: This is what Swamiji says:

*“The Worldly life itself is the Dance of Life  
With mass of atoms dancing, with precious Body dancing  
With God dancing inside Soul,  
All the Dance of the Universe is the Dance of God only”*

What more is to be told about the greatness of Dance?

In the prelude entitled ‘Worship of Dance’, Kavi Yogi Dr Shuddhananda Bharati says:

*“Two tasks God gave me,  
Singing on God, uniting with God.  
Singing and paying obeisance,  
adorning with garland of poems  
To unite and to learn good joyous Dance  
Learnt I, Bharata Natyam, in a qualitative way.  
This Art only gives realisation of the rising in the heart.  
The joy of Veena and Flute and the Nectar  
of seven kinds of Music  
The beauty of the colourful golden divine  
Movements of the Parts flows in abundance the Ambrosia,  
this Art only.  
Showing Eyes through hands and Mind through eyes  
And heart through Mind and life through heart  
And joy through life, in a melting manner.”*

What a wonderful, captivating introduction Swamiji has given to the Bharata Natyam!

Readers will see that Swamiji says “He himself learnt this great Art of Bharata Natyam!”

Which means before getting down writing this Book on Dances, Dr Shuddhananda Bharati himself has arduously learnt Bharata Natyam from a Preceptor! On reading this we bow with reverence to Swamiji in admiration of his dedication and determination and his eagerness and earnestness to give the best to his readers, the real experience, nuance and greatness of Bharata Natyam.

The variety of dance themes that Dr Shuddhananda Bharati has depicted in this Book, joining both the palms to worship Dance, is a splendid treat to the readers. We can see that Swamiji has put his Heart and Soul into creating this marvellous literary work.

We get an opportunity through this Book to get to know the divine stories of ancient Tamil Nadu Starting from the typical Indian culture of paying obeisance to Lord Ganapati, the Lord for removal of all obstacles and the God to whom everyone worships and prays for success in any new venture started, Swamiji brings in next the Dance of Lord Shiva and Gowri, as Lord Shiva is the Lord of dance.

(Nataraja as He is known for the devotees), dance of the Tamil God Lord Muruga with His consort Valli, Dances of Lord Krishna, the enchanting divine form that captivates one and all, with His beloved Radha, scenes from the great epics of India, *Ramayana* and *Mahabharata*, Historical scenes and entertaining dances of gypsies of India and several other pieces to delight the Readers and immerse us in joy, jubilation and ecstasy.

The raga in which song for each of the Dance is to be sung and set to which taal are specified by Dr Shuddhananda Bharati for every Dance. The connoisseurs of music and all music lovers can enact these Dances in their Dance Academies singing the lyrics elegantly. The avid Readers get a feast of Arts by just reading this Book.

Christian Piaget, at the helm of Edition ASSA, who has been playing a key role for more than two decades, supporting this noble cause , transmitting its message of Peace, Love, Unity, Divinity, Purity, and has been a recipient of several awards for his relentless, commendable service, has once again rendered splendid service here in the propagation of Dr Shuddhananda Bharati's works all over the World, by showcasing this unique Book on Bharata Natyam, an Art close to the heart of the revered Swamiji.

By bringing this Book to the followers of Swamiji all over the World, Christian Piaget has not only displayed the fine work on Art by Swamiji to the World, but also has given an opportunity to all Art lovers, pandits and music oriented rasikas to have a glimpse of the greatest Art of all times of Bharat, the one and only Bharata Natyam, through the splendid Poetry of Kaviyogi Shuddhananda Bharatiar. A great service by Edition ASSA, undoubtedly.

With its wonderful collection of themes to be performed in the Bharata Natyam style, by Swamiji. This Book should find a place in every Library that houses Books of Arts, in Music Academies, Dance Schools and also with every Dance Artist everyone will agree.

I humbly submit this Preface to take you to the World of Bharata Natyam poems composed by revered Swamiji.

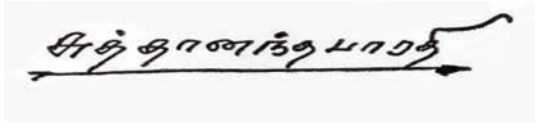
Kumar Srinivasa Nagaraja Rao

## Dance Worship

Two tasks God gave me,  
Singing on God, uniting with God,  
Singing and paying obeisance,  
    adorning with garland of poems  
To unite and to learn good joyous Dance  
Learnt I, Bharata Natyam, in a qualitative way,  
The Worldly life itself is the Dance of Life  
With mass of atoms dancing, with precious Body dancing  
With God dancing inside Soul,  
All the Dance of the Universe is the Dance of God only.  
“The explanation of the five occupations of the God of  
Dance Is Natarajan,” said great people.  
The Almighty devised the spotless,  
Lasya, Thandava Art, Abhinaya  
This is the untold language which originated first  
Through movements of signs of hands, legs, face sign,  
    eyes sign  
This Art only gives realization of the rising in the heart.  
The joy of Lute and Flute and the Nectar  
    of seven kinds of Music  
The beauty of the colourful golden divine  
Movements of the Parts flows in abundance the  
Ambrosia, this Art only.  
Showing Eyes through hands and Mind through eyes  
And heart through Mind and life through heart  
And joy through life, in a melting manner.  
Showing feelings of Wonder, haughtiness, loath, anger  
Fear, joy, manliness, valour  
Mercy, peace, love, joy of love, intelligently

Jointly many and separately an individual  
The Dance performed with anklet jingling  
As *Tamtaam, tataka tarikitatom*  
Shining, composing this Book  
The Natananjali with Veda and Agamas,  
    expanse of Epics  
Historical scenes – fertile scenes  
Depicting the History of great men  
The frontal scenes of the world of three qualities  
The scenes of five divisions of land,  
    scenes in the thoughts  
Of the bonds and attachments of the dear life  
Scenes filled with pleasures and fortunes,  
    scenes of human life  
Shining auspiciously  
Placing the Natananjali composed in a new manner  
At the lotus feet of the benevolent Dancer  
Who dances the dance of life in the assembly of Heart as  
I, I  
Let us bow down and present to the Earth!

Shuddhananda Bharati



சுத்தானந்த பாரதி



Behold the scene of Kaviyoga Siddhar  
who merges with God and pours the rain of Poetries



Kavi Yogi Shuddhananda Bharati



# Aum

## Shuddhananda Worship of dance

### 1. Dance of Worship

#### 1. Worship of Ganapati

(Raga: Kaapi, Tala: Roopagam)

Refrain:

Surrender to the Ganapati of mystic syllable  
– for the Joyous Art to be victorious. (Surrender)

Middle:

For the inseparable devotion of deeds and unblemished  
fortitude of knowledge to rise  
For all that is thought of to get fulfilled  
For ambrosia to ooze daily in life. (Surrender)

Third phase:

Oh! Vinayaka who bestows knowledge of learning and  
occupation of wealth  
And valorous divinity that is unabashed  
And good beauty and skills to conquer, victory unto you.  
(Surrender)

### 2. May You bless

(Raga: Poorvikalyani, Tala: Aadhi)

R: May You bless Oh! King of Assembly  
To dance and sing for gaining Your grace (May You)



M: Oh! The blemish less gem of Light  
For the cascade of Arts to overflow  
like Mountain cascade (May You)

T: Oh! The Ocean of limitless bliss  
Oh! The Master who establishes as dear life of life  
Through good Dance of Worship of nine emotions  
For the World to bow to you forever (May You)

### 3. Waving a light

(Waving a light to Goddess Saraswati  
of Arts of Dance and worshipping)

(Raga: Naattai, Tala: Aadhi)

R: Haaaa... Rati... the beautiful woman of Dance  
Oh! Amba! May You bless us with victory!  
Aum Shuba Mangala! (Haa)

M: Oh! Bharati! I surrender,  
may You bless me with the boon of Art  
Of Dance of rapture and nine literary sentiments

T: Along with a garland on the body,  
beautiful movements  
Expressions of inside and of face extremely comfortable  
and very pleasant

Like the waves of Ocean that behold the Moon  
Perform divine Dance sounding '*dheem tirikita*' (Haa)

### 4. Dance worship

(Raga: Khamas, Tala: Roopagam)

R: Come let us do Dance worship –  
With the art of nine sentiments flourishing

In the Temple of Lord Nataraja (Come)  
M: With timing steps sounding as 'dada dada'  
With golden Lute and Flute rising (Come)  
T: Chanting Veda and bowing to the Music Auditorium  
In the traditional manner  
With the body in agreement with the laws  
Devised by the ancient experts of Bharata Natyam  
(Come)

With the thoughts in Mind shining in the eyes  
With the two hands polishing the heart  
Singing on Lord Shiva along with Music  
Leaping and jumping with great joy (Come)

Seeking the grace that dances  
As inside, inside in the lives of the universe  
Rejoicing jumping and jumping and dancing  
As '*Thagajimi thathinginathom*' (Come)

## 5. With Mind pleased

(Raga: Bilahari, Tala: Aadhi)

R: May you dance with Mind pleased –  
like Waterfalls in a mountain  
Oh! Almighty who nurtures Art  
Oh! The essence of the fruit of Ambrosia  
Of the grove of fragrance of grace  
Where the honey of good knowledge always pours  
(May You)

Oh! God who shows compassion towards  
ending all distress

Mixing with the heart of lovers again and again  
and be sweet  
Oh, the common fulfilment of Soul called He and His  
For scooping and drinking the flood of pure happiness  
(May You)

## 6. Oh! The Preceptor of Yoga skill

(Raga: Sree, Tala: Aadhi)

R: Oh! The Preceptor of Yoga skill – Oh! The divine Tree  
Of Wishes who helps the spiritual wisdom!

M: Developing the down pour of rain  
for quenching thirst

Oh! The total joy of Life who bestowed the experience  
of Shiva (Oh! The Preceptor)

T: You shuttered the World in the heart  
You respected the life as being in World life  
You stopped troubles of Religions – the knowledge of  
Living, combining everything, You gave

Several books of Arts you devised – good  
Old and novelty You summed up,  
In the Temple of World seeing again and again  
The game of the Supreme God and rejoicing...  
(Oh! The Preceptor)

## 7. Will I not perform Dance

(Raga: Sree, Tala: Aadhi)

R: Will I not dance – singing  
The sacred name – seeking

Love of Shiva (Will I not dance)

M: With forming of seven levels of music

and graceful change of melody and timing

Worshipping with treading of calculated beatings  
(Will I not dance)

Entire body showing your stamp of love

With Lute, Flute and drum

feeding joy (Will I not dance)

Jumping and saying '*Sankara Aum, Satchidananda<sup>1</sup> Aum*'

Showing imaginary aestheticism (Will I not dance)

With the eye reaching through hands, with Mind  
reaching through eyes

With divine rain of music combining  
with the rain from the eyes

As '*Thai thathaa thaam tharikita dheem tharikita thom dhina*'

## 8. Leaping with joy

(Raga: Naattakurinji, Tala: Aadhi)

You will perform dance leaping with joy – Oh! Master

Of Thillai, becoming as intellect inside me,

You will perform

The supreme leaping Dance...

In the open space of sky mixed with silence,

Oh! Flame of gem of salvation, "*Tat Twam Asi<sup>2</sup> Aum*"

<sup>1</sup> Satchidananda (Sat-Chid-Ananda), to be (truth), knowledge, bliss.

<sup>2</sup> Tat Twam Asi, Thou art That.

As Jaya Aum, Jaya Aum, Jaya Aum, Jaya Aum  
(You will perform)

Sounding the handy drum of mystic syllable – shining  
As rising divine flame within me  
Removing obstacles saying “Don’t yearn”  
Unloosening the knots in my heart  
Hitting the leopard of egotism – stripping  
The elephant of pride – stamping the  
Muyalakan which does not leave from inside  
– strangling the Plain snake of lowly envy

As “*Thagitathom thimikitathom*  
*Thaka thaka janu thakajanu thalaangu Tharijida thom*”  
(You will perform)

Extending the hand of refuge that drives away  
fear and sins

Driving away the deeds of attachments  
not to come near my side

It is Sivakami, holding my red hand

As “*Dheem dhimikita dhikkita Thom thom*  
*Thaam thaam thana jagu thagar dhina thakku dhina*  
*Thakajanuku januku thagajam thagajam*  
*Thalaangu tharikita thathingina thom*”.

(You will perform)

Showing palm and saying “Fear not”

Showing beautiful smile

Showing the divine feet

Showing a particular Thing

Showing red flame

Showing the play of the World

Oh! The dear One  
 Who dances in the heart praise Thee (You will perform)  
 With devotees singing as Hara Hara Shiva  
 Cooled inside, the tears from eyes of grace  
 Jumping out and flowing in abundance  
 With mass of atoms in the sky circling and dancing  
 With atoms of fishes dancing fast  
 With Soul of body dancing, Soul of life dancing  
 With Soul of World dancing, with everything dancing  
 With Truth dancing, with three occupations dancing  
 Shuddha Shakti Supreme Soul Aum *Jaya Aum Jaya Aum*  
 As "*Janugu janugu thagajanu thathingina thom*  
*Thalaangu tharikita thagajanu thom*".  
 (You will perform)

## 9. Of Dakshan

(Raga: Mohanam, Tala: Aadhi)

R: Destroyed Dakshan, He – the dancing Shiva  
 Opened His eyes filled with Fire, He (Destroyed)  
 M: As "*Thakka thakita*" with directions tremble  
 The skin of the lowly demon scattering on all sides  
 (Destroyed)  
 T: Three-eyed Lord Shiva destroyer of Muppuri  
 Who has on his side the origin Shakti, the Chief,  
 the supreme Yogi  
*"Thakkita thagajanu thalaangu tharikita*  
*Thaa thaa thaga dhimi thathingina thom"* (Destroyed)  
 All the groups of seers showering victory flowers  
 With the Fire of Shakti spreading in all directions

Performing Rudra dance saying '*Thithagu thai* '  
With entire World trembling sounding. '*Gidu gidu*'.  
(Destroyed)



Kavi Yogi Shuddhananda Bharati

## 2. Dance of Shiva-Gowri

### 10. In a state of contemplation and concentration

(The Supreme God seated in Yoga.  
Gowri offering service)

(Raga: Madhyamaavati, Tala: Chaapu)

R: In the contemplation of Yoga – the Lord of Kailash<sup>3</sup>  
Was firmly in seated – (In the contemplation)

M: In the state of peace devoid of thirst, distress  
As the gem of zenith of lamp of *Satchidananda*  
(In the contemplation)

Controlling the inner faculties – the Master  
Suppressing the five great occupations  
Becoming Self itself as Self – going  
Beyond peak too

Always drinking the honey of thousand garlands

In the Sky of Fire and supreme state

With the eye not knowing the Service too

Of the service of the beautiful Gowri worships and  
pays obeisance (In the contemplation)

### 11. In the tender Southern Wind

(Manmathan comes dancing with Rathi)

(Raga: Behaag, Tala: Tisra Ekam)

Manmathan: In the tender Southern wind – climbing  
Let us go fast

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<sup>3</sup> Kailash or Kailala, Mount, one of the tops of the Himalayas located in Tibet. A sacred place of pilgrimage. The Remains of Lord Shiva. Symbol of Lingam, where are based the visible One and the invisible One, the beginning and the end.



Let us wield bow of Alli – let us  
Spoil the deep penance of Lord Shiva  
Rathi: When the Lord opens His eyes –  
On Seeing the woman energy  
Will become amorous – let us  
Watch and rejoice  
Manmathan: Even the stone –heart  
Will at once melt and win over, I!  
Bending the Bow of Sugar Cane – I  
Will rule over all the World!  
Rathi: Even the embittered life – will make  
As solid sugar candy, we!  
Even the beautiful cuckoo – will praise us  
Through Tamil Music

## 12. Audacity

(Opening the eye in the forehead,  
burning of Kaaman by Shiva)

(Raga: Maand, Tala: Roopagam)

Lord Shiva: Hey! What audacity! – who  
Did you think I am and released an arrow?  
To burn you my eye in the forehead – here I raise  
May you fall to the ground as ashes  
Kaaman: Oh! My evil has burnt me – Hara Haraa  
Got burnt and became one with no body, I  
Rathi: Having consideration – Oh!  
The great one in penance  
In Kailash, may You give life to my dear husband  
Lord Shiva: When the severe penance of young maiden

Gowri – mat

Manmathan will come back to life and shine as before  
– will be afraid of

The pure sage group and be obedient

(Afraid of the Lord Shiva who burnt Kaaman,  
Gowri performs separate penance)

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