

Dr. Shuddhananda
Bharati

The Voice of
the Soul

Jeeva Nadam



ASSA
Editions

Editor's Notes

The Voice of the Soul

Here we have the opportunity to discover the writings of Sage Shuddhananda Bharati, some fruits of his life in poetic form, reflections and everyday words that resonate and vibrate within us. There are keys for learning how to know, learning to listen and feel the voice of our soul.

The clarity, peace and inner serenity found in this Divine Self helps get us through all the twists and turns of life. Shuddananda Bharati expresses all his experiences and how he found within himself the strength to move.

It is a real pleasure for me to present *The Voice of the Soul* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *The Voice of the Soul* to us. With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget

Author's Notes

All the 324 songs contained in this book give voice to my experience of life. I, who lived my life depending solely on the almighty Supreme Soul for support, encountered many obstacles and ordeals in my life. On the stage of this world, I have never known the joys of romantic love. I sought only the joy of knowing and uniting with God. He, who remained the beloved thief who had robbed my heart, subjected me to terrible worldly hardships. Who stood by me whenever I was surrounded by innumerable misfortunes such as egoistic tussles, jealousy, backbiting, deceit, divisive scheming, unjust slander and disappointments? Only the pure energy that is God was my life saviour. During those difficult times, I strung garlands of songs as an ode to the Supreme Soul who is the Master of my life. These songs are countless in number. Out of these, I have selected the ones most pleasing to me and those which I thought the world would like for inclusion in this book. From the songs piled in high heaps, I selected many for publication by prolonged filtering (and destroyed many more by tearing them up) in order to provide succour to other suffering souls like me.

Practices to infuse divinity in one's life, ways to overcome obstacles hampering one's life, songs to promote unity in this world and to lead a life devoid of illusory mental conflicts and egoistic constrictions, ways to attain God with the help of love and utterances of enlightened people to guide us on the path towards God are all resonant in the music of life.

I practised austerity in my personal life to buy paper required for publishing this book. I undertook fasting at night and on special days and saved money to present this book to all people I consider my own. Each song encompasses within itself the experiences of life. By understanding, singing and reflecting on the songs, these experiences will come to light. No matter how terrifying the ordeals which come one's way, if one goes forward with truth and trusting solely in the Supreme Soul who is our conscience keeper, the calamity will be averted and peace and happiness will prevail. This is my personal experience of life. May everyone know, understand, feel love, experience divine grace, sing, dance, feel, give and rise!

Shuddhanandha Bharati
Yoga Samaj
Adyar, Madras
11.5.78



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 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



Yogi Shuddhananda Bharati



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. Shuddhananda Bharati bloom and scent the entire Earth of its divine message and his spiritual and unifying benefactor!

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Sama Yogi Shuddhananda Bharati

Written by Sadhu Narayanji,

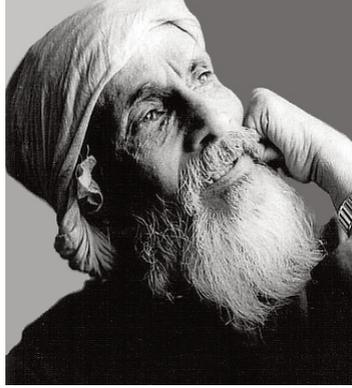
Sama Yogi Shuddhananda was a nimble sage who
engaged in penance
An affectionate poet endowed with divine talent and
a heart of gold
He has penned a thousand great books
He who has created the *Bharata Shakti*
Let us all sing his glory and venerate him
Listen to the story of his pure life and relish the
great joy it will bring
A gem in the crown of Mother India
He was born with the blessings of Goddess
Parvathi in a Brahmin family in the Pandya town
of Sivaganga
Her mother, Kamakshi was the essence of divine energy
His father, Jadadharan was a noble sage
Blessed by the lord of Tirupathi, Lord Muruga and
Goddess Meenakshi and fed with divine nectar,
The beautiful child smiled at birth like a ray of the sun
He imbibed music along with milk and acquired
knowledge with God's grace
Contemplating the open skies, he engaged in silent
meditation of Aum Jaya Aum
He considered the world to be a temple and all
living beings as God incarnate
He invoked the sun every day with the words
Aum Shuddha Shakti Aum
He proclaimed that love, divine service in the world

and spiritual devotion are the defining features
of righteousness
He preferred to live in solitude isolated from the
babble of speech
Scorning the wealth thrust on him by his rich uncle,
he took refuge in Goddess Meenakshi
Blessed with mystical powers, he excelled as a poet
with divine grace
Aum Pure Energy, I am Your son, I shall engage in
Your service body and soul, he said
Like Appar, Manikkavasagar, Thaayumaanavar,
Arunagiri, the Alvars and Vallalar, he was also
blessed with the boon to sing and worship at the
feet of God
He sat in meditation on the temple tower
He was oblivious of himself in his solitude
He learnt to read and write
At the age of eight years, the young poet outgrew
his school education
A university existed inside him
God's grace is the guiding force
He grew in stature by studying the soul within
His goal in life was yoga; yoga was his writing
Final liberation with yoga, that was Suddhanandha's prayer
The om pure soul exists beyond the body, mind and heart
Saying that is me and by being that, he performed
countless miracles
He partook of fruits and grains to assuage his great hunger
He ate the leaves of the margosa and bael trees
He undertook severe penance in forests and caves
and gained God's grace

He sought no help from anybody
He was used only to giving generously
With the aid of his pen and his labour, he earned his
living with dignity
Along with luminaries such as Tilak, Gandhi,
Bharati, V.V.S. Iyer and Chidambaram Pillai, he
engaged in the service of his motherland
Like Sivaji and Ramdas, Gobind Singh and Guru Nanak,
Arjuna and Krishna, he sounded the bugle
for independence
He established a residential school for children
He lived with the beacon light of courage
He strove to banish poverty, ignorance and slavery
amongst the people
With *Balabharathi*, *Samarasabhadini*, *Bharata
Shakti*, the journal *Natural Swarajya* and rare
publications such as *Caldvine Renaissance*,
Bharatha Jyoti, *Jeevanaprakasam* and *Sama Yoga*
authored by him, he disseminated rays of knowledge
He covered villages on foot to spread the ideals
of Gandhi
He overcame mental and physical ailments by
chanting God's name
He showed the virtuous path to lead a life free of
suffering and sorrow
By listening and learning, he mastered science and
the *Vedas* and the *Agamas*
He acquired knowledge of several religions
including Hinduism, Buddhism, Islam, Christianity
and Jainism
Taught yoga by Poornananda, his uncle

Lauded by many poets
Encouraged by wise sages
Blessed by Sai Baba, Seshadri Swami and Maharshi
He remained in a state of silent, intense
contemplation at the feet of Sri Aurobindo
The thirty years spent in complete silence took him
to great heights
The immortal poet created the epic *Bharata Shakti*
That was him, he was that
He lived that every day
He circled the world seven times to spread the
message of Sama Yoga
He was the noble guiding spirit of the Yoga Samaj
Let me bring this discourse to an end by reiterating
the truth perceived by Shuddhananda
One sky, one world
One community of mankind
Religion is service performed with devotion and
love to save the temple that is the world
Earn a living by hard work alone without defrauding
one another
Accumulate wealth only to the extent required
without recourse to dishonest practices
Practise judicious intake of food
Mankind must consider all earthly actions to be
common to all and do good
All quarrels and strife relating to caste, religion,
tradition and lineage must be brought to an end
Everyone must live in harmony in a spirit of pure love.





Yogi Shuddhananda Bharati



The Voice of the Soul

Song of salvation

1. The psalm of life

The psalm of life, divine precept of the soul,
This is what makes earthy men immortal,
And kindles the lustre of sacred morality,
This is what bestows pleasing righteousness,
And all wealth and sweet grace
To Shuddhananda for him to attain salvation
Just like a ripened tree or a milk cow
Or the ploughed earth impregnated with rules.

2. Men

Know the drug to transform men born here;
Control, ye, the senses, by sacred intellect
And become pure like the blossoming dawn.
Receive not yourself imagining mirage as water;
Turn your right rewards
And look at Him who ought to be sun;
Ever pray in the grace of Lord Mahadeva
Who dances on the stage inside men,
The Emperor, who steals the mind
Of Shuddhananda, and attains it.

3. Spiritual practice

Come ye for spiritual practice,
The practice of the yoga of equanimity;
Abandoning the fights for caste and religion,
Resort to the yoga of equanimity;
Which is common to all men.
Of what use is swallowing fruits
Just like the monkey in a forest?
What is the truth of keeping the eyes closed
Like a crane in a pond?
What is the benefit of donning disguises
By lengthening or cropping your hair?
So, assemble in the spiritual practice
Which enhances the art
Of perennial pure bliss.

4. Perform spiritual practice

O mind, do perform spiritual practice
Ever through devotion, intellect and duty,
Thinking of the primordial supreme Being,
The Sacred Grace ruling the world,
The God inside you, the bestowed of felicity,
Controlling by meditation the curtains
Observing the mind
And destroying the pranks played
By the ghouls of raging lust and greed,
And performing spiritual practices of the yoga
of equanimity
Which bestows a life of independence
In the glow of truth, enhancing pure bliss.

5. Investigate

O man, investigate who you are
And what is the reality within you.
Who beholds the world from within the eye?
Who, residing in the tongue, experiences taste?
What is the truth concealed in the mind?
Who is the intellect, the object comprehended,
And the one who comprehends?
Who is the noble one
Who has permeated your life?
Which is the pure bliss
That throbs within the heart?

6. Believe that it is

O mind, believe that it is,
The supreme Godhead permeating the entire world;
The One who protects the believers,
Who is the guard unseen,
Who transcends speech,
And who is common to all;
This the fullness of tranquillity;
It appears during meditation;
It bestows eternal felicitous power;
It adheres like needle to magnet;
This the lustrous ray which shows it really
To the eyes of Shuddhananda.

7. To control and rule

O man, you should control the five senses
And by ruling over them, obtain spiritual halo,
Restrain from impetuous hopping and jumping
And getting trapped in sorrows
Attach yourself not to tempting objects,
And don't get caught in the ghost of arrogance,
In order that the entire country may blossom
With the divine lustre of Siva to witness
The state of the moon of pure bliss.

8. Let us live

O man of the world, let us live
In the limitless yoga of equanimity
Sans poverty, sans folly, sans serfdom;
Let us rid ourselves of enmity causing envy,
And anger and grief as well;
Let refinement grow, let friendship pervade,
Let strength increase, let love spread;
In order that the yoga of true wisdom
And the enjoyment of scientific discoveries
And philosophical wisdom of the silence of proven truth
May shine in the clear-sighted living man
And lift him to the fourth state
In the company of independent Siva
And be in the sweet and happy state of pure bliss.

9. No worry before

No worry before, neither after,
Then why worry now?
Why worry over what Maya has spun?
Whether men of the world who live and die in vain
Respect you or praise you
Or rise in rage or trample on you,
Think not of it and get excited;
Can anything equal divine compassion?

Who were we before birth?
And who shall we be after death?
Who lives here forever?
And who creates obstacles?

Think – meditate – contemplate
Deeply within yourself;
Who am I? Who are you? Who is he?
Who is she? What is it? What are they?
All indeed are the manifestations
Of the power of pure bliss.

10. God

God permeates the world;
Let us worship Him through labour.
All living beings constitute His body
Oceans hail Him thunderously
Rivers are the sacred ablution.
Birds ring the harmony of seven notes.

Nature is the adornment
The greenery around is the petticoat.
Stars in the firmament form necklaces of myriad gems.
Fragrant flowers constitute the ritual of worship.
Sun and moon are the grand ritual lamps.
The music of pure bliss is the soulful food-offering,
Blossoming in love and flowering in grace.

11. The supreme speech

This is the gentle supreme speech
Aum Shiva of pure strength.
With the firm resolve of common weal,
Sans selfishness, look upon
The life of another as that of your own.
With the compassion of a mother,
And the tenderness of a babe
With truthful speech and company of the good
And with the pure lustre of goodness
Permeating mouth, mind and body,
Shuddhananda has lived
And attained the boon of this mantra.

12. Bonds and dualities

Without bonds and dualities
Let us complete the karmas of this life
And define a way
Not to be born again in this world.
Obeying the dictates of the God within us,

Let us calmly perform our daily duty;
Let the emerald speech be the incantation of mantra
Sans the veneer of ego, sans the compulsion of greed
And when the lute of dear life
Plays to the harmony of immortal soul
Shuddhananda is delighted
And praises this method.

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