

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

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, *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,

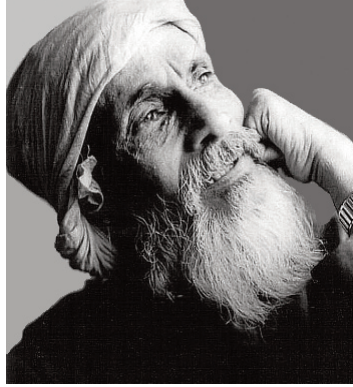
Sama Yogi Shuddhananda was a nimble sage who  
engaged in penance  
An affectionate poet endowed with divine talent and  
a heart of gold  
He has penned a thousand great books  
He who has created the *Bharata Shakti*  
Let us all sing his glory and venerate him  
Listen to the story of his pure life 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*, *Samarasabhadhini*, *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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