

Dr. Shuddhananda
Bharati

Universal
Rules and Path



ASSA
Editions

Preface

Path of universal Love

We are all born as empty vessels which can be shaped by moral values said some one.

Such is the great value of morals.

This Book, which can be defined more as a Pocket Book or a Hand Book is a collection of several gems of moral values, given to the World by Dr. Shuddhananda Bharati applicable for the entire Universe and not limited to any one territory or Nation.

One has to really wonder and admire Swamiji's versatility. From the Magnus Opus 'Bharata Shakti', to the deep philosophies of spiritual life to Historical Novels, stories of great virtuous men in chaste Poetry, motivating books on Patriotism, to this simple, but with powerful messages. What a wide spectrum of brilliant literature!

This Book is another example for Kavi Yogi Maharishi Dr. Shuddhanandha Bharatiyar's

mission of propagating rich, sound, moral values to the Human Society with the noble intention of making them disciplined, dedicated and dynamic so that they become not only able leaders in the World but also lead peaceful, harmonious and contented life of purity.

Each of the morals stipulated in this Book has deep connotation and is meant to be read again and again to get to the roots of its meaning and purpose.

‘To educate a man in mind and not in morals is to educate a menace to society’ said Theodore Roosevelt.

Dr. Shuddhananda Bharati, in this Book, starting from the topics Atma, the Self and Unique Lord is one, has presented concise messages to educate mankind on ways to live and progress in life, with peace, elevated thoughts, love towards all living beings, service to mankind, the best ways of behaviour, the best conduct, physical and mental wellbeing, power of silence, value of work, right food habits, respect for women, love of nature and many more.

Mr. Christian Piaget and Editions ASSA have done well to cull out and bring it out in print, this small yet significant contribution of Swamiji to Mankind. As a Pocket Book if this can be in possession it would do a lot of good to every human being who aspires for a noble and commendable life in this World.

To be a part of the mission of Editions ASSA, by way of translating the great works of Swamiji is my fortune and this Book serves as a guiding light for my path towards seeking moral values.

Kumar Srinivasa Nagaraja Rao

Editor's Notes

Kavi Yogi Maharishi Dr. Shuddhananda Bharati, in his book *Universal Rule and Path*, gives us lots of leads and good thoughts to take in order to lead our lives as best as possible. His text allows us to open our heart to a higher consciousness in accordance with the universal and divine law. His book *The Gospel of Perfect Life* reflects the fragrant beauty of his great soul.

Universal Rules and Path is an excellent personal guide for leading a life of happiness.

A special thank you to Kumar Srinivasa Nagaraja Rao for his translation, his preface and his help for the preparation of this book. He does so a great work, we can bless him.

With his meticulous work, he has been able to help me to express fully the thoughts of Kavi Yogi Maharishi Dr. Shuddhananda Bharati about *Universal Rules and Path*.

I have include "How he lived", a presentation text of Shuddhananda Bharati. With the help of Kumar Srinivasa Nagaraja Rao

for the translation of the Tamil Text *Yeppadi Vaazhndhaar* from Tamil to English.

It is a real pleasure for me to present *Universal Rules and Path* to you. Thank you, Dr. Shuddhananda Bharati for having transmitted *Universal Rules and Path* to us.

With the blessing of *Aum Shuddha Shakti Aum*.

Love is God!

Christian Piaget

Christiananda Bharati

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

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), Kavi Yogi 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'Âme du Pèlerin (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 with peace, happiness and prosperity!

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

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Invocation song

Let these laws of Universal Religion be blossoms of worship

Unto the Supreme Truth known to the Vedas as That

Unto the Supreme Entity, which *the Vedas* know and propound as That (Tat) let these flowers of Universal Rules and Path be the worship.

Shuddhananda Bharati

Universal Rules and Path

1. The Book

Consciousness is Atma, The Self

Atman is that divine Thing which shines within each and every one as knowledge.

The unique Lord is one

For all living beings and for all Worlds and for all Religions, God is one only.

Heart is the home of happiness

Each one's heart itself is the Heaven that gives utmost happiness for each one.

Be ye widely liberal and compassionate

Conduct yourself with liberalness and compassion towards all living beings.

The Whole Universe is a Temple

The entire Universe is a Temple.

Help your fellow citizens

May you extend the help needed to the people of your place.

Elevate your thoughts

Making your thoughts more and more pure, elevate your thoughts towards God.

Dispel Dejection and rise up

Eliminating depression, rise with a strong resolution.

Have full control over the five senses

Without going in evil ways control and govern the five senses viz., Body, Mouth, Eyes, Nose and Ears, through determination.

Virtue is greatness

It is one's good conduct that gives greatness, fame and respect to Him.

Aum¹ is the supreme Mantra²

¹ Aum means The Divine who is Truth, Consciousness, and Bliss which pervades all.

² Mantra means a sacred formula of invocation.

It is the sounding of *Aum* which is the greatest among the Vedic hymns. The Tamil alphabet 'அ' stands for knowledge, 'உ' stands for Truth and 'ஓ' stands for bliss. The mystic syllable *Aum* denotes that God is Knowledge, Truth and Bliss.

Peace is panacea

Peace is the medicine which dispels all the mental illness and body illness.

Off with egoism

Reduce the ego called I.

Learning is one's duty

It is the duty of each and every one to study good Books and Arts and learn a profession for earning

Love is the Soul of Life

The fire of energy that bonds the hearts of both the male and female through affection, desire and bondage and makes them as one is called Love. It is that Love which appears as life and develops and grows.

Ramify and abound in existence

As the Tree called Life, drinks the water of Love, multiplies with children and relatives and spreads its branches, may you grow and rise!

Live gloriously

May you gain fame in the World as 'Noble, knowledgeable, Philanthropist, Hero, courageous, man of morality, man of truth, man of good conduct, man of wisdom, devotee' and live long.

Promote family prosperity

Family means race, relations, and domestic life. May you desire the wellness of the group in which you were born, of the citizenry, of tribe and the like and nourish them. Promoting wellness leads to attainment of four benefits viz, virtue, material goods, bliss and liberation.

Fear not death

Be not afraid of Yama. With death, this shirt of past deeds will fall, and another

shirt will appear. For the pure Soul, which is you there, is no destruction ever. If this truth is known there is no fear of Yama. Do not fear. Appar said "There is nothing to fear. There is nothing that would frighten. We will not fear Yama."

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