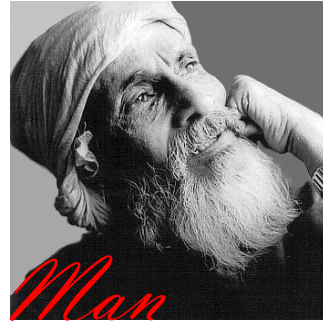


Shuddhananda  
**BHARATI**

*Guiding  
Lights*



ASSA



*Story of a Man*

**E**-book Editions ASSA

## Guiding Lights

*The Light of inspiration gained from contacts and communions  
with the Divine Personalities of our age*

Dr. Shuddhananda Bharati

Notes

This Book gives the Yogic illuminations  
got by the Indian Author, Kavi Yogi Maharshi  
Dr. Shuddhananda Bharati from inspired Sages  
Perfect and saintly Yogis like Jnana Siddha  
Sai Baba, Ramana Maharshi, Sai Ram,  
Aurobindo, Gandhiji and from  
A study of Ramathirtha,  
Sadasiva Brahman,  
Saint Francis,  
Arunagiri,  
etc.

Editions ASSA - 2011 [www.editions-assa.ch](http://www.editions-assa.ch)  
Christian Piaget – L'Auberson **Cover: Sunset in Bretagne**

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## Preface

In this highly devotional work, Dr. Bharati shares his insights and his personal experiences of those Beings whom he considers as Guiding Lights in his personal life, as well as in the evolution of our planetary consciousness. Reading these accounts, one cannot help but be impressed with the knowledge of the writer as well as the depth of the philosophies being shared.

This book is for anyone interested in the history and philosophies of India, and of those who have contributed to its evolution. For those new to the ideas presented, it is a fascinating and detailed glimpse into the consciousness of someone having spent years at the feet of the Masters – and for those already familiar with the culture and religion of India, a lovely reminder of the living philosophies of this highly spiritual region.

As one reads the author's accounts of the evolved Beings he has met and spent time with, one may notice the parallel process in the consciousness accompanying the words being read – ideas stimulated by the remarkable lives being described and their dedication to the ideals they personified.

When one reads of the amazing number of these remarkable Beings the author has spent time with, one can only be impressed, considering that his path may well have had as its purpose the recounting of his experiences, as shared in this beautiful and detailed writing.

Martin Brofman

## 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

## 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

# 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.

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!

A warm thank you to Martin Brofman for the preface of this book.

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## 1. Lights on Masters

You are the Light of Divinity. Go deep within; the music of serene silence leads you on. The mystic Aum-Light calls you within saying: "I am, Aum." Life is an efflorescence of its splendour. It harmonises the many in the one. It is the I-Self, the individual. The universe of beings is its All-Self. It is the same beyond name and form – the cosmic-Self, ever as it is, immutable, immortal. To realise this Cosmic Selfhood, to see that Self in All, is the goal of Yoga, Vedanta, Siddhanta, Religion or Dharma. The technique of attaining That is Yoga. Yoga is the Gospel of perfect life in tune with the Self-I that pervades all beings and transcends all.

"Be a Yogi! The Yogi is more than a man of askesis (tapasvin), more than the man of Knowledge. Live and act as a Yogi in Divine consciousness."

This is the clarion call of Sri Krishna to humanity through the medium of the heroic Arjuna.

### Sri Aurobindo

Sri Aurobindo, the modern Superman, rediscovered the virtue of Yoga as a dynamic force of the harmony of existence. He declared: "Live in Yoga with the Divine, a life divine." He maintained with Sri Krishna that the entire range of existence is Yoga and Yoga is skill in work; it is the love dedicated to the Heart's beloved. It is the light of Knowledge which enables us to live in conscious communion with the Divine. "Yogi is myself *Yogi tu anatmaiva*," says Sri Krishna.

### Ramana Maharshi

Ramana Maharshi, who lived in *Sahaja Samadhi* all his life, had one significant message for humanity. "Live conscious of the Supernal "I" speaking in the heart I am, I am here; to establish oneself in the I-heart is Yoga, Yoga of love or light."

I had the unique delight of spending thirty years in Yogic silence, steeped in *Mahaturya Samadhi* at the feet of these two great Yogis of our days. I have recorded my intuitions in the *Yoga for All*, *Secrets of Yoga*, *Gospel of Perfect Life*, *Pilgrim Soul* and *Bharata Shakti*, which these two spiritual titans appreciated and blessed.

### Mahatma Gandhi

I was in close contact with Mahatma Gandhi, the ideal *Karma Yogi*, who dedicated his life to Truth and Ahimsa and won our freedom fight by his moral-force. He once told me the essence of the *Ramayana* and the *Gita* in one memorable dictum – *Bolo Ram Karo Kam*. Say Ram and do work.

## Sai Baba of Shirdi

Sai Baba of Shirdi, whom I saw with Lokamanya Tilak after attending the Lucknow Congress in 1916, declared: "Allah Malik-Chupraho-Allah achcha Karega." "The Almighty God is our Lord, our Master. His will is done. He will do good. Let the ego-you keep quiet and silent, consecrating everything to His will." This is Yoga, complete surrender to the Divine Will. I lived at his feet for five months and learnt the supreme secret of Surrender to the Divine. Once he touched my heart and said: "He is Here – Be aware of Him with every heart beat." That is Yoga.

## A psychic science

Maharshi Purnananda taught me as a little boy, the *Gita* and Patanjali's Raja Yoga and steeped me in meditation. He taught me asans, Pranayama, Mantra japam and meditation in the heart centre. It was a mystic Himalayan Sage – Jnana Siddha – who was my real Guru in initiating me in the Yoga of the Vedic Rishis.

Yoga is a psychic science, a dynamic life in communion with the Divine that is the heart and soul in us. It is to live in touch, union, contact and psychic communion with the inner Divine to begin with and, progressively, it is to attain at-one-ment with the Self Divine. It is consummation of the human in the Divine. It is neither ascetic bareness nor pragmatic denial. It is not other worldly escapism; nor life-extinction. "I live in wealth and royal luxury," said Janaka "but my mind is not attached to them." Jnana Siddha taught me how to live and move in the world like sun and moon, spontaneously doing our duty in detached peace.

## 2. Sama Yoga

Epictetus affirmed: "All philosophy lies in two words, *sustain* and *abstain*. We must abstain from the restless mind and lower nature and sustain life in tune with the Self-Bliss that is our truth." Jnana Siddha taught me all systems of Yoga but maintained that they are limbs of the *Sama Yoga* that enables one to live conscious of the unique One – the One that thinks in the brain, feels in the heart, sees through the eyes, hears in the ears and acts through the motor and sensory nerves. The Divine Self in us lives in a fort of five encirclements – gross body, vital-nervous body (*virya sharira*), subtle mental body (*sukshma sariram*), gnostic body (*vijnana*) and bliss body (*anandamaya kosham*).

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Carried out with the collaboration and help of Daye Craddock

Preface Martin Brofman

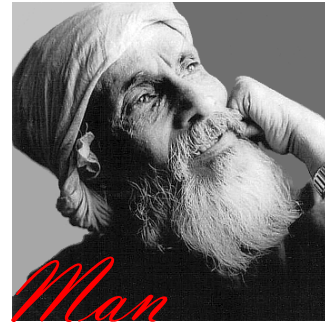
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