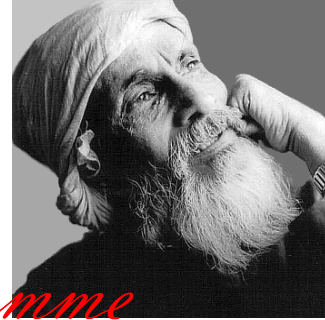


Shuddhananda
BHARATI

*The Secrets
of Sadhana*

ASSA



Histoire d'un Homme

E-book Editions ASSA

The Secrets of Sadhana

*To All seekers of Reality,
Peace and Bliss*

Dr. Shuddhananda Bharati

Notes

The word Sadhana means effort, accomplishment. It is making effort towards self-finding and towards the perfection of the human through union with the Divine. A river struggles through the ups and downs of nature to pour itself finally into the vast ocean. This book on Yogic Sadhana is written in an easy-flowing style, and contains infinite riches in a little room. Every word of it, the author speaks from self-realization. Seekers of Reality, Peace and Bliss will find this practical treatise a real boon.

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Cover : Beach of the Vougot in Bretagne

Summary

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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
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 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!

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Sadhana

1. Sadana defined

The word *Sadhana* means effort, accomplishment. It is making effort towards self-finding and towards the perfection of the human through union with the Divine. A river struggles through the ups and downs of nature to pour itself finally into the vast ocean. The human soul struggles through the levels of Destiny, through a thousand vicissitudes of life, to pour itself into the unique ocean of peace, bliss and truth. The goal of the waters is the sea. The goal of Man is God. All pure efforts that lead Man towards God are Sadhanas. All that hinder it are the opposite.

2. Mental darkness

There is a latent want in Man. He wants something and knows not what. He wants to see something and knows not the what-where-and-how of it. Nothing in this changing world satisfies him permanently. The sweets of today become bitter tomorrow. Friends desert, hopes fail, props fall.

The pleasures that the senses bring are momentary. Man is like a prisoner confined in mental darkness. He cries for light; he yearns after freedom. The fireflies of sensual pleasures do not satisfy him; nor even the gems and diamonds of the highest intellect; nor do even a worldwide name and fame stand to his purpose.

Behind the moments of sense pleasures lurks an eternal perturbation of the mind. The mind is a sea of surging emotions rolling here and there.

3. Where Sadhana begins

Life is a tiny boat launched in the troubled waters of the mind. Before it is its mysterious destiny; behind it follow, at its wake, the sharks of fate. Calm and storm, sun and rain, hail and mist come on the way and hinder the progress of the boat. Man sees his intelligence often outwitted and thwarted by the forces of Nature. One day he is caught in the whirl of a relentless storm, and cries, "O Power above, save me! I am humble, poor, helpless..

The Secrets of Sadhana carried out with the collaboration
and help of Daye Craddock for the
preparation of the book.

Written by Dr. Shuddhananda Bharati

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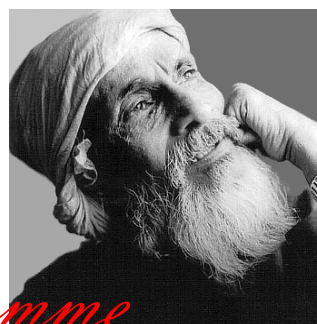
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