

Dr. Shuddhananda Bharati

# Our Religion

This book elaborates  
all the existing  
religions



ASSA  
Editions

## Author's Notes

This book elaborates all the existing religions and brings out a synthesis of all in Sama Yoga Unity, Constructive Modern Science and Soul-elevating Spiritual Sadhanas.

Dr. Shuddhananda Bharati

Sholapuram, South India  
20<sup>th</sup> September 1986

## Appreciation

By H. H. Swami Chidananda Saraswati

Kavi Yogi Maharishi Shuddhananda Bharati is a saintly poet and sage-author of several hundred valuable books. *Our Religion* is a concise and comprehensive volume revealing the synthesis of all living faiths. It is a clear thesis on the oneness of God, the divinity of the soul, the unity of mankind and the ideal of right living in cosmic consciousness. This richly informative and inspiring book is a great contribution for the collective cosmic peace and good will.

I wish this worthy book widest possible circulation.

Om Tat Sat

Swami Chidananda Saraswati



## Editor's Notes

*Our Religion* is a spiritual treasure bequeathed to humanity at large, by the nonagenarian Kavi Yogi living in inner communion, ever alert and active. He is held in great regard as a poet and realised saint by great souls like Sri Aurobindo, Ramana Maharishi, Sri Sivananda, Gandhiji, V. V. S. Ayyar, Rabindranath Tagore, Bernard Shaw, Bertrand Russell, Romain Rolland, etc.

Dr. Shuddhananda Bharati is an author of several hundred books mostly in English, Tamil and French. He has gone round the world several times propagating the Integral Sama Yoga, which is a synthesis of modern constructive science and ancient Vedic Atma Yoga. He has lived all Yogas and religions and found out the central truth in all. *Our Religion* is a treatise on one universal, right, introspective life for all humanity. Purity, Unity, Divinity and Equality of soulful life for all humanity is the unique principle of this inspired work.

Let aspirants read this and live in cosmic conscious inner communion.

It is a real pleasure for me to present this treatise on *Our Religion* to you. It was written in Madras in the south of India. Thank you, Dr. Shuddhananda Bharati for having transmitted *Our Religion* to us. May its leitmotiv: Unity, Purity and Divinity radiate through this book!

Christian Piaget

# 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*

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

Editions ASSA



# Aum Jaya Aum

## 1. Anthem of Our Religion

Souls of love, gather all  
In common cosmic hall  
The One in all makes us one  
In heart and soul within  
We live here for He lives  
The unique Soul of souls  
He breathes life in this flute  
His fingers tune the note  
He plays in poet's dreams  
He aums in honey bees  
Mumbles in mountain streams  
He blows in balmy breeze  
Let's live in His delight  
Doing deeds good and right  
Let us work, gain and give  
Like fruit-trees we survive  
In God's Grace let's be one  
Like rays in rising sun  
He is sea; we are drop  
He is our only prop  
With love and purity  
With psychic unity  
With solemn equity  
We gain divinity  
Thus *Our Religion* gives  
All souls immortal bliss

## 2. In memoriam

This book is dedicated to my friend K. S. Sabaratnam PPN (1908-1969). Asst. Telecommunication Controller of Malaysia who lived an ideal life of love and virtue, charity and probity with his wife Mrs. Siva Baghyam (1909-1980). They were fervent devotees of Lord Siva who gave them peace and plenty.

In grace and gain the home excels  
Where love with virtue sweetly dwells

An honest wife is home's delight  
And children good are jewels a bright

They were true to the dictum of Saint Valluvar.

They are survived by six gems: Kulasekaran, Chandra Sekaran, Dana Sekaran, Kamalaveni, Padmaveni, and Pushpaveni who have helped me to bring out this valuable book *Our Religion*.

Let them live long, hale and healthy.

Kavi Yogi Maharshi

Dr. Shuddhananda Bharati



### 3. Introduction

(Saint Harry Dickman, Brooklyn, New York)

Kavi Yogi Maharshi Shuddhananda Bharati has been well-known to me since 1938 when he was steeped in spiritual silence at the feet of Sri Aurobindo. As a seeker of truth, I was fully satisfied with his evangel of Sama Yoga which is a practical synthesis of all systems of religion and Yoga, a gospel of perfect life in tune with the Unique One that is the Soul of beings. He wrote to me: "Everything blossoms from within. The fountain of peace and bliss bubbles out of the tranquil heart and mind fixed in inner communion. Seeds take root; bees gather honey in deep peace." He gave me this peace while I was struggling for life in war-torn Latvia. He enabled me to escape to New York through his friend and poetess, Madam Mirza Kempe. The works of Saint Shuddhananda Bharati brought me peace and soul-conscious wisdom.

*Our Religion* was sent to me by the Kavi Yogi when I was struggling for life. Its study brought me inner solace and psychic health. I requested him to print it and send copies to me. Saint Shuddhananda Bharati is a cosmic Apostle of Spiritual Socialism and Sama Yoga which aim at a collective life of love and light. This is a compendium or epitome of all scriptures, East and West, promoting a collective transformed life of spiritual Socialism. It is a rendezvous of the hearts of prophets, saints and thinkers. I earnestly recommend this excellent book for the deep study of all aspirants who want to live a life of peace, bliss and spiritual dynamism.



## 4. Need for religion

Sit for a while calmly. Think deeply in silence. Enquire within yourself: “Who am I? What am I? Whence and what for? Why should I live in this body? What is this world before me? What is my duty and destiny?” Can you answer these questions? You feel perplexed. You can't find the origin of life and its goal. The span of life that we live in this world has a vision and mission. It has a mystic entrance and a mystic exit.

Suppose you have plenty of money, rich friends, a luxurious life; are you satisfied? No. There is a dissatisfaction in you. You want something. That something is your Self. You are out of tangent with your Self – the Self that is your being, the centre of your life and breath, the fountain of your peace and bliss. How to attain it and enjoy self-peace and bliss?

The path to that bliss is called Dharma, Yoga or Religion. Dharma is the virtuous force which establishes you in the Self. Yoga is the inner-communion which yokes you to the Self. Religion is the link that binds you to your Self. What is in this Self? The Self is permeated by a mystic force, the pure almighty grace which is *Divine*.

To attain That and be That is the summum bonum of human existence. In the evolution of life, Man alone has got that psychic awakening to know and be the Divine. All religions, each in its own way, aim at this central Realisation of Divine in the Self, otherwise called God. From Manhood to Godhood is the course of religious evolution.

Religions are many and many are the schools of thought. Religions have developed round personalities like Buddha, Jesus Christ, Muhammad, Guru Nanak, Zoroaster, etc. These religions going in the name of the Prophets teach moral disciplines and devotion to a Higher Truth called God, Guru or Master.

There is an ancient Veda Dharma which is impersonal though many sages have contributed to its growth.

Religion is a binding force that brings together the physical, vital, mental and psychic planes in tune with the intrinsic soul or Self in the heart. This self-realisation is the root of religions.

The stream of human existence gets its energy from the fountain of the soulful heart and flows as the current of love and service to mingle with the Ocean-God, its source and resource. This is Religion or Dharma.

See how the forces of Nature serve the world by turns. The silent sun brightens lives. It draws vapoury yarns from the ocean, weaves them into clouds. The merciful clouds pour down pure water. The water nourishes fields and clothes fair earth green and gold. The fields feed Man and Man lives for Mankind – this is religion – to perfect Man's life and live for Mankind. The Prophets of humanity gave themselves, sacrificed their own bodies and energy to live this truth of get-and-give, live-and-love, seek-and-serve. Mahavira, Buddha, Jesus, Rasul, Shankara, Vagisa, Chaitanya and a galaxy of Saints loved humanity and lived the truth and held their guiding light to humanity. This is Religion. This is Dharma and this is Yoga – to live the truth

and be the light, to serve brother men on the way to unite with the Eternal One. It is to realise our origin and goal as that Unique One. Prophets are many but Truth is one. Religions are many but realisation is one. Paths are many but the goal is one. Rivers are many. They come from various directions; but the ocean is their unique goal. Books are many; but the look is one – the Inner Look that realises the One-in-all, the one Self in all beings. This is the sole outlook of religions, to realise the unique I and know the Truth of truths. I am Aum, Aham Brahmasmi, Tat Twam Asi. The I in the heart's core is God. You are That, He is That and everything is That.

Religion brings a rhythmic inner balance to our life. It aims at the Self which is the abiding Truth of existence; it stands the hammer strokes of material life and shapes the harmony of spiritual living.



## 5. Under the blue canopy

Behold the mystic sky above. It's like a big question mark demanding us: "Who and what are you without me?" Behold it in the silence of the midnight when all are cradled in sleep. Behold the silent smiling moon leading the stellar galaxy downward. It stimulates our contemplation. Behold the joy of the moonlit sea dancing round the earth like a vast circle of mermaids. The silent heaven inspires the roaring sea. The sky, sea, earth, moon, sun, air and rain lead us to think of the Unique One who manifests everything in Nature. Names, forms and attributes are given to the Unique One by men. Call That He, She, It, Siva, Vishnu, Shakti, Father, Mother, Jehovah, Allah, Tao, Ahura or Akaram – That Reality changes not by name and form nor attribute. God smiles in the beauty of Nature. His will runs the round of seasons. He is the breath and beat of beings. He is immaculate purity, master of Nature, free, unattached witness, omnipotent, omniscient, omnifarious, eternal, immaculate, beyond mind and senses. This earth of ours is just a speck in the starry sky. We behold His presence in the elements and in the sun, moon and stars. The sun's heat draws vapour from the sea, weaves clouds and pours blessed rains that cherish our earth. He horizons East, West, North and South. His Grace-Light shines in the silent sun. Hail almighty wonder, gracious splendour, divine energy, magnanimous manifestation that gives light, heat and rain! Dawn and dusk stimulate meditation. The sunlit splendour outshines millions of stars. Happy birds sing welcome songs and farewell concerts to the sun which rises in the golden

dawn and sets in the ruddy eve. The cosmic existence measures its gait to the rhythm of mystic Nature manifesting God's glory. Aum is the symphony of cosmic Divinity.

Aum is His name; heart is His home, His splendour is the same beyond name and form. Religion (re-legio) binds the human soul with the Divine Reality. Yoga unites, Dharma drags and Religion binds the soul to God. *Our Religion* signifies one God, unity of souls and right life that effects good living and God-union. Our Yoga is *Sama Yoga* that has a harmonious life of purity, unity and divinity. This Yoga of inner harmony regenerates degenerating Mankind. It aims at a war-free world of love and service, peace and bliss.

Two world wars have shaken the harmony of cosmic existence. A fatal neutron-bomb war is booming in the rank of warmongers armed with nuclear warheads. The worst nemesis is knocking at our doors. Space flight above and space fight below threaten the world with a colossal homicide. The sky, sea and earth are vitiated by fumes choking life. Humanity East and West lives in fear of an atomic holocaust. The river of life struggles through hills and rills of the undulating destiny.



## 6. River of life

Life is a flowing river of progressive consciousness. It struggles through the ups and downs of destiny to fulfil itself in a mystic something. From cradle to grave, a latent force leads life. A river struggles through hills and rills to pour itself into the ocean. The living earth empties it and the gracious heaven replenishes it. Rains and springs fill it; and animals and plants drink it. Through plains and plateaux, through fields and meadows, through towns and hamlets, the river flows on singing Aum. Even so runs the river of life through the thick and thin of embodied limitations, to pour itself into an infinite bliss. The river sings Aum and the ocean roars Soham, Sivoham. The river represents the Jivatman and the ocean Paramatman. The past is its source, the present course and the future its con-course. Soul force is its resource. The womb is the origin and the tomb the destiny of all embodiments. The body ripens and rots like a fruit. But something cautions right and left to the march of existence.

That something is beyond birth and death, beyond cradle and grave. The embodied soul acts on the stage of life, as a mumbling baby, crawling child, playful urchin, studious boy, robust youth, happy lover, fond husband, responsible father, busy worker, careworn grandfather, bedridden invalid, dying man, dead body. Curtain up shows him, curtain down hides him. Is this the drama of life? Crawling upon four, standing upon two, leaning upon three, where does man go carried by four? Is birth and death human destiny? Who bears the living burden which needs

four to carry when dead? Soul you say. It enters from the mystic unknown, plays its part and exits into a mysterious oblivion. Is this the drama of life?

Behold a tree. The invisible root down into the earth cherishes the visible branches, flowers and fruits. The unseen promotes the seen which bristles with green and golden luxury. Seasons change the tree. Winter nourishes, summer dries, autumn denudes and the spring nourishes its colourful beauty. A heavy storm pulls it down. An axe hews it to pieces. A carpenter saws it and polishes it for furniture. The refuse goes to the fire. Is this the fate of a tree? What led the growth of a tree, which bloomed in winning colours, which tasted as ripe fruits, what led its growth from root to fruit? The ripe fruit smells and tastes sweet. The rotten one smells foul. Is this the destiny of a fruit? The fruit has the seed in it. To taste the fruit-pulp and sow the seed and perpetuate the plant family is the mission of so many stages of its evolution from root to fruit. The perpetuation of the vegetable kingdom is in the seed. Even so the perpetuation of the animal kingdom is in insemination. The mission of a river is to feed plants and lives and flow into the sea to become the Sea-Self. Even so the mission of human life is to flow on and on until it reaches the Divine-self and becomes That. That is the source, course and resource of existence. Self-finding, Self-consciousness, Self-identification, Self-existent bliss, Self-transcendence and Self-expansion – such are the steps to the integral fulfilment of the mortal human in the immortal Divine. This goal is achieved by the unitive force of Religion, Yoga or Dharma.

But Man stands puzzled before the sphinx of existence. Psychology stands stunned before ecology. Man plays with sand homes on the vast seashore of existence.

Goethe, the famous author of Faust, told Napoleon: "O Warrior, you maintain that you have conquered this land and that land; have you conquered your mind?" The swordsman stood flabbergasted before the wordsman. He cried: "O Poet, give me a constructive message." "Be a Sage," ejaculated Goethe. "You wage wars and act like a bloodthirsty tiger. Off with that vital passion. Have compassion. Act for the good of your nation. Give free education, remove poverty; promote prosperity." "Yes, Master poet, this is a turning point in my life, thanks." The warrior reached Paris with the shame of defeat in Moscow. He turned his attention to free education for his nation and for the development of industrial schools.

After the battle of Waterloo, the British made him a prisoner on Saint Helena. Sitting before the surging sea, he reflected over his bloody past. He had Moliere (comedy) and Corneille (tragedy) in his two pockets. He read Moliere often and laughed at his tragic past. When he was operated on for his stomach ulcer, he said: "Who will operate on my mental ulcer?" He uttered the word of God but died with the words: "Mon epee, my sword" in his mouth. The river of life flows into the Unknown, throwing away the body on the seashore.

Mind is Man; life is what Man thinks. He who conquers the mind, conquers the world – Jitam jagat kena manohi yena. The balanced ingathered mind maintains inner equilibrium and paves the path for a God ward elan. The

river of life struggling through the ups and downs of destiny finds at last its goal in the ocean self. Man gets Light from Love dedicated to God.

## Lead us, O Will

Lead us, O Lord Supreme	Our trust in Thee abides
To do Thy Will in faith	Like life in breathing air
To glorify Thy name	Thou art the Truth that guides
To love Thee, Light of Truth.	Thee we follow, sans fear.

Kindle beacons of hope	No evil force shall stand
In calm communion	Before Thy cosmic Flame
Like the sun rising up	We hold Thy helping hand
With rays in union.	Lead us, O Light Supreme.

## Our Religion

Order online, [order this book](#)



---

Editions ASSA

Grand'Rue 180 – 1454 L'Auberson – Switzerland

Phone : +41 (0) 24 454 47 07

Fax : +41 (0) 24 454 47 77

Email : [info@editions-assa.ch](mailto:info@editions-assa.ch)

Web : [www.editions-assa.ch](http://www.editions-assa.ch)

---