

Christian Piaget

Saint  
Shuddhananda  
Bharati  
A Visionary



ASSA  
Editions

## Editor's Notes

### Saint

## Shuddhananda Bharati

11<sup>th</sup> May 1897 – 7<sup>th</sup> March 1990

### Presentation

#### 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 next pages 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!

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

With an homage of gratitude to Mrs. Rosette Poletti and Barbara Dobbs.

A warm thank you to Daye Craddock for her help in careful editing of this book.

It is a real pleasure for me to present *Saint Shuddhananda Bharati* to you. Thank you, Dr. Shuddhananda Bharati for your coming on the Earth and transmitted to us your message and energy. With the blessing of *Aum Shuddha Shakti Aum*.

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## Foreword

To my friend, to my guide, to the mahatma of my heart, to the visionary of a united world living in peace and harmony in the earthly paradise that God has given us.

Life and destiny is like an iceberg; most of us is hidden, and for some, this is the start of the long path of questioning... For souls that are searching, the time then comes when the seeker finds what is being sought: the precursor, the one that has opened the path, cleared it out and illuminated the way. Thus in the deepest part of our Selves, at the centre of our soul, Joythi, the Divine Light is revealed and works on meeting all those who seek it.

The driving force behind our evolution is simply the questions we ask ourselves that will lead us along on our forward path.

For some, it is professional success, the social ladder and material gain, and for others it is trying to follow the mechanisms of the laws of Nature and of our

time spent on our beautiful planet Earth, as closely as possible.

Gradually, our consciousness expands and we understand better and better the forces our lives on Earth depend on.

The broader our awareness is, the bigger our inner universe becomes. And each one of us, at our own degree of progression, is convinced of our knowledge. Hence the multiplicity of Truth...

Many messengers have already come to Earth, many prophets and beautiful souls that are full of hope and beautiful words. Yet hardships remain and result from reality, searching within ourselves, realizing these divine messages within the Self until we can assimilate that which is within them and within us!

This is how I realized the worth of the teachings of Dr. Shuddhananda Bharati. With impressive humility and great simplicity, he came to bring the message of God of Unity among men on Earth.

One world, one God, one Mankind!

Through the energy of purity, goodness and powerful gentleness, he provided the path to open the consciousness to work for a world free of war.

In all his writings, his energy of love, aid and presence appears to us in a split second.

Through relentless work supported by a great desire, I am therefore currently much honoured to have the joy and privilege of publishing the writings of Dr. Shuddhananda Bharati.

The name of Shuddhananda (pure bliss) was given to him by his friend Yogi Jnana Siddha (Hindu sage) in 1905. The title of Kavi Yogi Bharati was given a few years later by the Jagadguru of Sringeri, Sri Satchidananda Shiva Narasimha Bharati Abhinava, Sivaswami monastic name (1879-1912). In 1954, Swami Sivananda gave him the title of Maharishi, a great visionary, which he really is. March 23, 1984 he received the Raja Rajan Award from the Tamil university at Thanjavur, the university of the best literature, for his opus magnum (major work) in Tamil,

*Bharata Shakti*, and the whole of his work, with the honorary title of Doctor Shuddhananda Bharati.

These are only names for a being with sparkling eyes... he can be summed up in the energy of his whole life by the mantra Aum Shuddha Shakti Aum!

It means: the light of Grace and the energy of the pure, supreme Almighty bless us with peace, beatitude and prosperity!

Shuddhananda Bharati was far beyond the quarrels and separations that divide men. In a highly spiritual abstraction, he came to open the door to the mutual reconciliation of men.

Understanding the energy and life of the Masters, the message of union is clear, precise, and it will be applied throughout time.

Christ, Buddha, Mohammed (respect to his name), Zoroaster, the Archangels, the Sufi and Persian Masters, Isis, Horus, the shamans of Siberia, the Condo of Latin America, the Amerindians and the luminous beings that are taking part in this



change are all in agreement with the messenger who was sent to transmit the common message of Unity, Divinity, Purity, Peace, Love and Serenity.

The Divine energy is alive. It creates and is aligned with today, here and now. It has not remained fixed upon the thousands of years behind us. The energy of the messengers is alive as well, in line with our time, to direct all those who seek it.

This is why we must now understand that war between religions, between brothers, is a crime. Every drop of blood that has been spilled over the centuries makes up a sea of blood in which no one wants to swim. How can we fight and kill in an ideology of Love? God is Love for all men. Let us open our hearts to His presence and His radiance on the Earth, which will then become a paradise. Let us ask for the presence of God's messengers, of Christ and of His pure light to open our hearts, of Buddha for inner peace and serenity, of Mohammed (respect to his name) for fraternity among peoples, the archangels to help us with the laws of

life, and Shuddhananda Bharati to help us unite our souls to God's unique and benevolent source.

Radiant and beautiful beings have worked a lifetime for the well-being and evolution of souls. I am thinking of Abbé Pierre, Saint Francis, Nicolas de Flue and all those who work every day in the shadows for the well-being of many suffering souls, to bring them comfort and the renewal of faith.

Ms. de Pressensé wrote in the *Psalms of Life*:

“Let your foot on the ground leave a noble footprint,  
And perhaps, following your path behind you,  
Some spirit agitated with doubt and fear  
Will find hope, courage and faith.”

This proverb leads me to pay homage to Ms. Rosette Poletti and Ms. Barbara Dobbs. I thank both of you immensely for your kindness, your clairvoyance and your approach of using simple and appropriate words to help and educate men and women going through very difficult times,

such as mourning. Letting go, freeing yourself, giving up, gratitude and finally fullness, a solace of kindness to learn to see simply more clearly and to give thanks to the Divine! Beautiful teachings in the energy of Christ's love.

And...

"Oh! Do not tell me that life is a dream,  
A shadow that flees and floats under my  
footstep;  
This is the time for struggle, and if nothing  
comes to a close,  
The eternal future has its seed here below.  
Life is a fight, life is an arena  
Where duty swells with the triumph  
gained;  
The path is rising, and gradually leads us  
To the top where the view embraces the  
unknown."

Shuddhananda Bharati must be smiling...  
Ms. de Pressensé leads us to the top where  
the view embraces the unknown, and  
Shuddhananda Bharati opens the door to  
the unknown... what we are seeking so  
intensely within our Selves, that of God.

Taking on his teachings means starting our own personal development, reactivating intuition, creativity, enjoyment of life, willingness to help our neighbours and within our Selves, and to find our inner eternal light.

Becoming beings of light once again, radiating, learning, understanding, being in line and in symbiosis with the energies of the Earth and cosmic energies. Being in harmony with our Selves and all the beings around us.

The teachings of Shuddhananda Bharati were designed for everyone. Each of us takes what we want or need. He gave us the main ideas to find the path of fulfilment through his Sama Yoga, which was a synthesis of material science and spiritual yoga; how to live a divine life in an everyday life.

Shuddhananda Bharati spoke a lot about this key in his *Gospel of the Perfect Life*. The importance of the immediate family, all the stability and economy of a country depends on this family centre. How

important it is to nourish and cherish it in mutual respect. The home must be a haven of peace, where every member can discuss, help each other and evolve together at their own pace.

In *The Secrets of the Sadhana*, he wrote: "Sadhana means effort and completion. This word designates the effort accomplished toward self-discovery and the perfection of the human being through union with God. Rivers struggle to cross nature's terrain to reach the vast ocean. The human soul struggles to cross the stages of fate, the countless tribulations of life, before reaching the single ocean of peace, beatitude and truth. The end goal of water is the sea, and the end goal of the human being is God."

Sadhana is any pure effort leading humans toward God. Sadhana is not that which poses obstacles.

Here is also one of the important points of his teachings: fulfilment – how to fulfill ourselves or how to fulfil the free flow of Divine energy within our Selves. With

some efforts, or I could say more gently, with some exercises such as Hatha Yoga, and especially meditation, we give ourselves the opportunity to take our first steps toward our own fulfilment.

When the heart gives God a sincere call, a prayer, this is when Sadhana begins.

“The human being is essentially divine. Divinity is what he is intrinsically, the real life of his life, his true Self; mankind is like a garment for Him. Fulfilling God is the only solution to all the riddles of mankind.”  
Chapter 5 of *The Secrets of the Sadhana*.

Everything is said in one paragraph... The difficulty resides in comprehension and integration of this reality within the Self.

Fulfilling God, or fulfilling oneself in God, for many religions, we need to rely on prophets or messengers, for other seekers, by following Dr. Shuddhananda Bharati's teachings we can access God directly and integrate His energy within us. Unthinkable... he thinks he's God! No, far from it! In full conscience and in

full humility, fulfilling God in our Selves means incorporating His energy while remaining fully ourselves without becoming someone else. Individuality remains and is immortal. However, what remains is God, His force, His power, His immensity. Fulfilling Him simply means fulfilling within ourselves that which the messengers have fulfilled within themselves. Christ said: "I have done great things, and you can do the same!" This does not mean that we are Christ, but that we are approaching His energy and that through this conversation we are progressing toward our own fulfillment of the Self, of the divine energy within us!

This was what Shuddhananda Bharati taught: giving us the opportunity to fulfil ourselves, and to fulfil the Divine within our Selves.

In this approach toward the Divine, one of Sage Shuddhananda Bharati's beautiful works is the five volumes of subtle and sweet-scented poetry entitled *The Poetry of Spiritual Energy*, written directly

in French. There are many more in English as well in the book *The Soul Sings*. Here are a few samples:

Sing, O bird!

Wake up and sing, O bird of bliss;  
New dawn kisses thy nest;  
Sing songs of divine ecstasies  
Uniting east and west!

Heavenly beauty lights thy home  
With smiles of new-born day;  
A blooming joy dispels the gloom  
Of doleful yesterday.

Heal the heart of the multitude  
O touch of magic balm  
Pouring from Thy beatitude  
Soul-raptures sweet and calm.

Descend

Descend, O Truth!  
Like a holy dove,  
To raise from depth  
My hymn of love.

Let thoughts and words  
Like larks on wings



Soar high towards  
Unknown blessings.

Come like a breeze  
Of liberty  
To set ablaze  
Soul – unity.

Descend, O sun!  
With all Thy grace;  
Let us be one  
In timeless space!

Shuddhananda Bharati was part of no group or religion. From the time he was very young, he met with his guide Jnana Siddha, who explained to him that there were enough groups in the world, so there was no need to create a new one, which he took and applied throughout his existence.

In his book *Our Religion*, he explained that his allegiance or religion is Aum, the Supreme Light. And again, in *The Gospel of the Perfect Life*, we can find lots of information for our very worthy searches.

The Supreme One, Aum

Supreme Light and Life of life He is,  
The inseparate One, Fullness of Bliss.

Yogis in perfect self-identity realise the Supreme as the primordial, all-creating sound, Aum, as the Supreme Light of Knowledge, as the One Life by which all things live and move and have their being and as the abundance of inborn delight which is never separable from life.

Aum is the essence of the scripture. It creates forms and gives them names. It combines three sounds – A, U and M.

A is the starting-point of all letters in all languages. It represents the Almighty Sat, the true Existence.

U is Chit (Consciousness), the Universal Force (Shakti) of the Supreme One which sports as beings.

M stands for the manifestation of God in the individual soul as Bliss. His Supreme Truth-light expands into the bliss of Universal existence through self-conscious Force or Cosmic Energy.

This is the meaning of Aum.

Yogis in deep meditation see the divine light shining betwixt their brows. God is the Light of all luminaries – the sun, the moon, the stars, the flaming fire and other effulgences. Bliss is inseparable from the spirit of Man. It is pervaded by God, who is Bliss. To know Him, to feel Him, to keep self-identity intact makes life a continuous delight. To forget Him in the ignorance of egoism is misery. He, the Sound and the Light, the eternal Truth, is in us as pure Delight.

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