

Dr. Shuddhananda
Bharati

Aranool

The Book on Morality



ASSA
Editions

Introduction

May You grace with
Pure Energy

Aranool

The Book on Morality

(Original and text Creator)

Swami Shudhdhananda Bharati

Whose dust of the feet became Universes?

In whose joy all will live?

One who is the Mother of all living beings

One who is the God of the Universe, Parashakti, She

With strength and charity and Truth and joy

Beautifully shines well, She Helped,

She, the great Goddess when I pleaded with love

For the medicine for darkness and wants to go;

The happiness of asceticism bestowed to me, She;

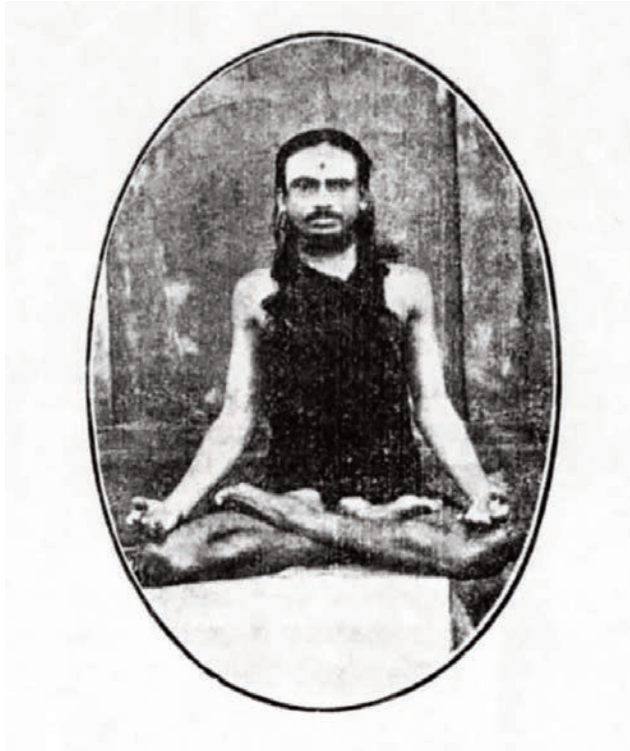
For morals to be seated in my Mind,

She gave and redeemed me.

This Book on Morality to Her feet with determination

and love made it belong,

Shudhdhananda Bharati



Shuddhananda Bharati in 1927
11-5-1897 – 7-3-1990

Editor's Notes

The ages go by, the years go by, and all the messages of Peace and Serenity for our life on the planet are here!

The different beings of Light, the Prophets have transmitted their Teachings!

Like the wise Yogi Shuddhananda Bharati, by his writing *Aranool*, he transmits his feelings and his conception for a good life in this world! It's up to all of us to come closer.

In the measure of its evolution, these writings can enlighten our way of life.

A special thank you to Kumar Srinivasa Nagaraja Rao for his beautiful translation. He does so a great work, we can bless him.

A warm thank you also to Magloire Mama for her help to the preparation of this work.

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

With the blessing of *Aum Shuddha Shakti Aum*.

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 lives 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



11-5-1897 – 7-3-1990

Swami Shuddhananda Bharati

Presentation of Dr. Shuddhananda Bharati

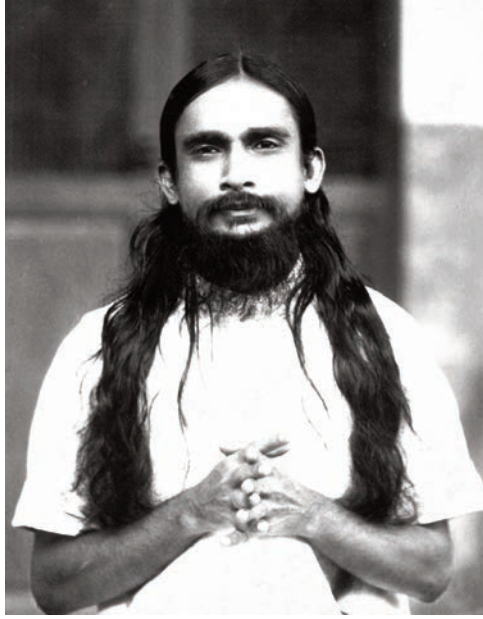
May 11, 1897 – March 7, 1990

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

Editions ASSA

For all the Words God is One
All Bodies are God's Temples only



11-5-1897 – 7-3-1990
Swami Shuddhananda Bharati

It is the harmony that creates purity and freedom
Is the blissful path for the people of this land!

Preface

At the request of my friend Swami Shuddhananda Bharati I am delighted to write a short preface to this little work. I had the privilege of seeing it previously in its shortened form and was then greatly struck with the way in which he had worked out the ethical principles of India for modern life.

By adopting the Kural metre he has inevitably challenged comparison with the greatest work of Tamil literature. This was a very bold thing to do, and while it is only natural that his verses should suffer as a result of this comparison, yet it must be said that they are written in simple and chaste Tamil. Swamiji's book is meant not for the elect, but for the common people, and so he has not followed his great predecessor in wrapping up his thought in such concise language that it requires considerable practice to understand it. Most of our author's stanzas are so simple that one with an education at all can understand them.

Like the author of the Kural he has dealt with practical life and its needs, and he has done so from the point of view of today rather than that of yesterday.

The book will therefore be found of real value from the ethical point of view. The modern conceptions of social service and national life find their places in it. He takes up such subjects as disease, manual labour as well as the regular subjects of other ethical preachers.

The author dares that it is a new gospel which came to him during, a special time of meditation when he sat silent communing with himself and God for three months.

We venture to think that in the development of Indian ethical thought this book will occupy a distinct place. The author is one, who not only thinks but who also acts and he has been foremost in the application of his ideas.

It is theretore with very great pleasure that I comnend this book to the Tamil public in the hope that it may help them botte to think more deeply and truly about ethical problems and to apply the highest ethical principles to their daily life.

We would like to suggest to School Teachers and Inspectors that they will tend this book exceedingly useful as a moral text-book for Schools.

H. A. Popley

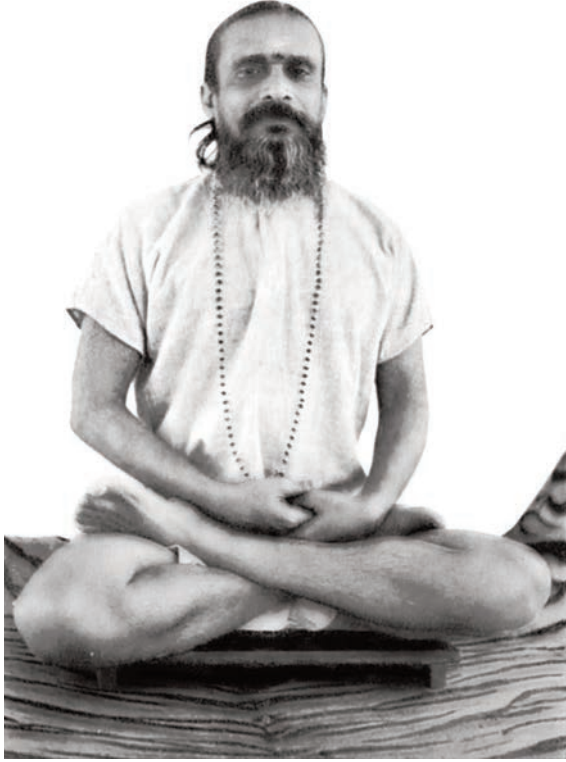
Special Preface

Teacher's verse

*Oh! What is Moral Virtue! What is Moral virtue!
Severing evil, that is Moral Virtue
Moral Virtue is creation, Moral Virtue is Truth
Moral Virtue is God, Moral Virtue is everything
That which stood by stone was Virtue only
Later that which was established was Moral Virtue only
That great thing only, in fresh, young Tamil
Resembling the drinking water tank,
and abounding for the World to consume
Today surrounding that, the Poet, who takes it well
The virtuous person, graciously merciful, ascetic, a friend
Pure and joyful person, named Sudhdhanandha Bharati
A great man, with love,
With Godliness as foundation,
with completeness in the Assembly
With many branches as mantras, a lineage, education,
in front with perseverance, patience,
Prayers, charity, hard work were reasons for his victory
As fragrance of work, the sprout leaves,
expanding vegetables, fruits,
With the poetry compositions spreading the shade
With the tree of Morality arranged line after line
in an orderly manner
Created he, the garden of Tamil, the Nectar!
Oh! Poets! May you gather and may you enjoy,
with your senses absorbing them.*

~~~~~

Thiru. V. Kalyanasundaran



Swami Shuddhananda Bharati

## Preface

Sri Sudhdhanandha Bharati's Book on Morality is being offered as a nice feast to the Tamils. It is offered with devotional trust, full interest and with a vow of silence. The Book authored by Sri Sudhdhanandha Bharati who conducts himself in accordance with the adage 'small life and wide ideas', considering entire life as a place for doing only penance serves as a guide for people like us.

This Book is a section of the epic *Bharata Shakti*. This is written as couplet, in the style of *Thirukkural*. With 15 chapters it shines as an excellent moral book, with five sections for every chapter and five Thirukkural for every Section. Containing within it the philosophies of the great personalities who have been born in this world and the truths that the Author himself has seen, this Book serves as an excellent literature lighting up the knowledge for all people.

As centuries roll on, new opportunities and new morals to suit them appear. It becomes important for new Morality Books to appear to show the new morals suiting these new opportunities. For example, in this modern era as new moralities like neutrality, brotherhood, democracy have been born, the intelligentsia have to explain their nature to others. Therefore, this Book which described these moralities and kept the respective morals in their respective place cannot be considered as not written without use. And also, it fulfils the necessity that has arisen in Tamil Nadu.

This Book widely talks about topics like Freedom, Devotion to Nation, and Republic of the Nation. It describes the old truths with the new explanations, as suited to the new



Yug. Manly it talks about Mahatma Gandhi's noble path. This Book, emphasising on the fact that manufacturing handloom clothes and cultivation of crops are the only two industries that are set to get back the wealth that got destroyed, preaches courage and perseverance to people like us.

It is our desire that the Tamils, supportively accepting this Book, which is filled with broad outlook and feelings of harmony, understand in totality the truth submerged in it and follow it religiously.

Va. Ve. Subrahmanya Iyer

*Preceptor Va. Ve. Subrahmanya Iyer*  
*Bharadwaja Ashram*  
*Cheranmahadevi*

## Foreword

It is my privilege to pen a Foreword for this well written Book on Morality (Aranool) by the revered Swamiji. I should rather say that I am blessed and fortunate to get the fine opportunity to read this comprehensive Book on Morality, so brilliantly conceptualised by Dr. Shudhdhanandha Bharati and also to be asked to translate it into English.

Mr. Christian Piaget of Editions ASSA has been, with a high level of dedication, propagating Swamiji's ideologies and doctrines all over the Globe, by publishing the translated versions of several literary works of Swamiji, so that they would remain for ever in the literary World and be available for posterity for gaining knowledge to progress and prosper in life. I am also proud to be part of this knowledge dissemination and grateful to ASSA indeed, for giving me this golden opportunity to translate this entire Book 'Aranool' from Tamil to English.

Some very learned and scholarly men like Mr. H. A. Popley, the great Tamil Writer Thiruvavur Viruttachala Kalyanasundaram, better known by his Tamil initials Thiru. Vi. Ka., a Tamil scholar, essayist and activist who was well known for the strong humanism of his essays, analytical depth of his commentaries on classical Tamil literature and philosophy, and V. V. S. Iyer (Va. Ve. Su. Iyer) a popular Tamil writer, a renowned freedom fighter and considered as the father of modern Tamil short story have all brought out so vividly the greatness of this Book authored by Dr. Shudhdhanandha Bharatiyar. Therefore, I being a minuscule figure before these great men, have nothing more to add on the

contents, style of writing and the invaluable morals that have been beamed across for the benefit of mankind by the saintly, scholarly Swamiji.

I only like to highlight the unique presentation of this Book 'Aranool' which includes word by word meaning of the Poetries, which is a rare feature. By this presentation style, the Author, Sri Shudhdhanandha Bharati has ensured that anyone who reads the Book will get the complete essence of each of the Couplet and will not fail to assimilate even the smallest part of the Poetry. This is a big advantage for the people of the World, for whose benefit the Poetries have been created. Needless to say, once the complete meaning of the Poetry is understood, there is a very high chance of the reader making every effort to abide by it. This, after all would have been the very aim of the Swamiji. Here lies the success of this Book and our admiration for the Author.

As the Translator, I have attempted to bring out the meaning of each word of the crisp Couplets filled in this Book, in my translation faithfully, parallelly being in a state of awe and admiration of the profound thoughts and in-depth moral teachings that these simple looking Couplets of the Swamiji are filled with.

The Couplets are the distinct feature of this Book. A Couplet, everyone knows, is a pair of successive lines of metre in Poetry. A Couplet usually consists of two successive lines that rhyme and have the same metre. Dr. Shudhdhanandha Bharati, has packed one moral or more into each Couplet and has expounded to the World the tenets of Morality in a lucid way. From a single Book we are able

to get the view of the whole world of Morality, get ourselves educated and get rejuvenated too.

“There is no wealth like knowledge, and no poverty like ignorance.” said Lord Buddha.

“Share your knowledge. It is a way to achieve immortality.” said Dalai Lama.

Shudhdhanandha Bharati, through this Book ‘Aranool’ has shared the immense knowledge gained by him, born out of his spiritual powers and out of his deep study of understanding of human psychology and characteristics, with a view to driving away the ignorance prevalent in Societies. In a nut shell it is a Book on Moral Science.

I humbly place before the readers, my translation work of this Book which is of great value to every individual who chooses to tread the path of Morality, I also pay my obeisance to Dr. Shudhdhanandha Bharatiyar for gifting to us such a comprehensive Book on Morality.

Kumar Srinivasa Nagaraja Rao



Swami Shuddhananda Bharati

# Aranool

## The Book on Morality

### Invocation

*For all worlds God is one  
All bodies are only Temples of God*

*For all worlds a single God is the chief. (For everything like  
Angels, people, animals, birds, insects, plants)  
The bodies of all are Temples of God only*

*In my mind, present in the form of God of Morality  
Enunciated the Book of morality, pleasantly, Thou  
Performing your service, selflessly,  
Removing the darkness of affliction of people and the World,  
everywhere*

*With the Yoga of action, in the life of immortality  
To attain joy, kept in my mind  
With love, Thou only are the Mother of that Book of Morality  
May Thou create in me, clear words of blossoming grace.*

## I. Chapter on God

God is an all-powerful chief, He is one. He creates this World in his joy and governs. For each life He gives a deed and creates. The World is his Temple. In this Temple each one is allotted a divine task. The Country and home and World remain as the residence of our deeds. The service towards them is the service to God. The chapter on God profoundly says that the truths such as each one purifying their respective lives is the first step towards Godliness.

# 1. God

- 1. As the cause of the World, the One who is within the shining life,  
The One who has bestowed everything, may you worship.**

Cause = The incomparable, chief origin

Everything = All that is perceived in this material world

Bestowed = Created and gave

Worship = Bow before Him and pay obeisance

*The Master of the World. Who resides in all shining living beings. One who created everything and who protects. May you pay obeisance and worship that God.*

- 2. Going beyond all differences, such as name and form,  
A lofty thing there is, may you realise.**

Going beyond = Crossing all barriers

Differences = Materialistic variations

Lofty = A very high

*He, who is without materialistic differences such as Name and Form, He, the chief, who is above all things. May you firmly have faith in such a Being and realise.*

- 3. Many, in many ways, in this World, will speak  
Only one there is, may you realise.**

Many = People of several religions and followings

Many ways = in different ways

In this World = All over this World where we live

Will speak = Will propagate and propound and advocate

Only one there is = There is only one God, undoubtedly  
May you realise = You should internally understand

*By quoting names and forms, people of different religions will describe God in several ways. May you realise and be in harmony that in all these, the One who is present as chief, is only one.*

**4. Like the quality of Sun which gives its light for every being to happily live, so is the nature of God.**

Quality of Sun = The nature of Sun

For every being to happily live = For every little thing to survive and grow happily

Nature of God = The characteristic of the Almighty

*The Sun delights every single being. Giving the day and heat and light and rain and prosperity the Sun gives life. In a harmonious manner, for everyone to live in happiness, it spreads the light. Without Sun nothing will be present in the World. It is that Sun which stands as a witness to the greatness of the characteristic of God. The meditation on Sun and bathing in the Sun will cure all mental and bodily diseases. If this is the greatness of the Sun imagine, the greatness of the One who created it.*

**5. He who is of eight qualities, the omnipotent, in whom every being resides,  
The embodiment of morality, the Supreme Being of knowledge.**

He who is of eight qualities = The Almighty is said to have eight distinct characteristics

The unique Being = The one and only Supreme Being, the incomparable

Every Being resides = Every animate and inanimate thing is contained



Embodiment of morality = The virtuous, very definition of morality

*As the form of morality, the Supreme Being of knowledge, is considered to be of eight qualities viz., spotless purity, Omni potent, of immense knowledge, all knowing, of unlimited bliss, consciousness of Nature, in a state of self-support and being away from attachment by nature. He is an incomparable unique Being, having in Himself everything of the World, the Omni present.*

## 2. Godliness

### 1 Thinking of a form and worshipping, discerning the inner light,

**The God with no form, may you realise.**

Thinking of a form = Imagining that this would be the form of God and meditating on it

Discerning the inner light = Seeing the brightness our inner Soul (as its abundance)

God with no form = The God with no form and undefinable characteristic

May you realise = Perceive that God internally

*Initially worshipping God as One with attributes, keep that form in mind and meditate on it. Realise that It is the One which is in the inner space of Self. Then later realise the attribute less Brahmam whose form is indescribable.*

*Idol worship is one step towards realisation of God. In the idol too, God is present. That by itself is not God. If we show love towards all beings as that shown towards the idol, our Self spreads all over the world, by grace. That all are His abun-*

*dance, we realise. Only after that can we realise the God who is omnipresent, with no form or name.*

## **2. In joy who creates and protects and changes, the God, Know Him through your purity of mind.**

In joy = In His (God's) joy

Changes = Changes the birth of the beings from one birth to another

*God creates pleasantly and protects all living beings and depending on the actions and nature of the beings changes them from one birth to another and makes the beings mature. Only through a pure mind you can see Him.*

## **3. Truth, goodness, non-attachment, dedicated divine service, humility, These are the guides to reaching God.**

Truth = Adhering to truthful ways and speaking always the truth

Doing good = Doing always good to others and never even thinking of harming others.

Non-attachment = Leading a life of penance with no bondage to anything in the materialistic world

Dedicated divine service = Performing service to humanity and Godly matters, selflessly

Humility = Being humble always and doing no self-boasting and not showing pomp

Guides to reaching God = the devices which help one to become one with God

*Through the paths of truth, thinking and doing good things only for others, leading a life of detachment and meditation, performing service to divine matters with a firm mind and not wavering*

*in faith and being humble even while achieving great heights in life are the devices by which one can attain purity in mind, words and body and attain the 'purity state'. It is this state which is called as Godliness. In this state our soul can merge with the Pure Being.*

#### **4. Protecting the Mind from lust, anger, delusion, May you realise God.**

Protecting the mind = Keeping the Mind away from

Lust = Evil desires

Anger = Uncontrollable temper and harmful words

Delusion= Uncalled for, un realistic perturbation

*The Mind with no evil desire, hot temper, and delusions will become pure. With that pure energy we can realise the Pure Being (God) within us.*

#### **5. People of which ever Religion may speak the divine language of God, With desire may you learn.**

People of whichever Religion = Irrespective of the Religion to which they belong

Speak the divine language of God = Preach the divinity of God

With desire = Willingly

May you learn = Accept it whole heartedly, respect it and abide by it

*Upanishads, Bhagavad Gita, Thirukkural, Book of Morality, Jentawasta, Morals of Buddha, Bible, and Quran are all sacred divine Books. May you listen with harmonious outlook and love and learn from those who speak of these Books of Moral, whichever Religion the Preachers may belong to.*

### 3. Birth

- 1. It is he who is aware that it is 'one and only one' and that the origin,  
And the end is also in 'That' is the one who is knowledgeable.**

It is one and only one = There is only one God, the supreme power

Origin and end = Birth and death

Are also in That = The origin and end are also contained in that single all powerful Energy

Is the one = The one who has understood

Knowledgeable = is considered as wise

*God makes all to be born in His origin of Energy and brings about the end also in that Energy. The World is the dancing avenue of that Energy. All the three actions (creation, protection and destruction) are the games that It plays.*

- 2. Measure of past deeds defines period of existence; by the grace of the Pure Being,  
All living beings can get liberated.**

Measure of past deeds = Depending on the extent of past deeds, righteousness and sins

Defines period of existence = The time duration for which a being lives

Pure Being = God, the purest of purity

Living Beings can get liberated = Get the bondage to worldly life removed

*The span of life is the time allotted for carrying out our past deeds. When the past deeds are completed all living beings can*

*get blissfully liberated, by God's grace. Performing acts knowing the past deeds is the path to salvation.*

### **3. Every living being as a bearer of a deed of the World, God creates, may you know.**

Every Living Being = Each and every living being born in this World

As a bearer of a deed = Is given a particular deed to be carried out, based on his or her past

God creates = It is the will of the God to create so

May you know = It is for everyone to realise and understand birth in that manner

*Every Being is created by God with the intention of carrying out some good deed in the life time of the Being. A Being bears that divine task. If the Being performs that divine task and pleases God, the Being attains salvation. Otherwise birth and death cycle continue.*

### **4. Men and chaste women are equal in birth rights And also glorious creations of God they are.**

Men = Those born as men

Chaste women = Every woman with good character

Equal in birth rights = They enjoy birth rights with no discrimination

And also = Not only that

Glorious creations = Great creations

*Both men and women are created by the same God. In birth rights they are equal, undoubtedly. Divine service, penance, striving for path of salvation, practising celibacy, learning all belong to both. Take the examples of Sita, Valli, Savitri, Mythreyi, Aavaiyaar, Meera Bai, and Queen Lakshmi Bai.*

**5. No differentiations of caste, colour, king, poor,  
The grace of God, all Living Beings get,  
with no differentiation.**

No differentiations = No differences

Caste = Whatever caste one is born in

Colour = Whatever colour of skin one may have

King = May be as exalted as a King

Poor = May be a down trodden man

The grace of God = The blessings and kindness of God

All Living Beings get = Every Life on Earth will be able to get without fail

*The differences of caste, religion are all created by the delusion in man. Because of that how much of ego, jealousy and quarrels! Selfishness and amassing of wealth more than the needs by some and laziness make many poor. These differences do not exist before the eyes of God. From the lowest creature to the Man all can reach God at the right time. Look at the History of characters like Nandanar, Sokamela, Kanaka Dasa, Kabir, and Tukaram.*

## 4. The World

**1. All lives as Its body, the light which shines,  
The Temple where It practises, is the World,  
may you see.**

All Lives as Its body = It is the God's body that houses all Living Beings

The light which shines = The radiating light, the God, which shines for ever

The Temple where It practises = The Temple where the Almighty performs His divine dance

The World = The entire World itself is the Temple for God  
May you see = May you perceive, understand

*The multitudinous living beings are the body of the Almighty.  
The World is the Temple where He dances. The Chief, the God,  
exists as the life of every life. Harming any life is equivalent to  
harming God.*

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)

---