

Dr. Shuddhananda  
Bharati

# Garland of Meditation

Garland of flowers blossomed from  
the daily meditations of  
Swami Shuddhananda Bharati



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## Editor's notes

We submit and worship at the feet of God, the Gracious Light, this publication in the flower of love. This book is a garland of flowers blossomed from the daily meditations of Swami Shuddhananda Bharati. So we named it *Garland of Meditations*. These were compiled from the diaries of Swami. From these we can understand the intensity of Swami's meditation, reverence to God and his pure life.

The portrait of the mother of Swami beautifies this book. Swami Shuddhananda Bharati liked his Mother very much. We submit this book to her, the sage of family living. Let our life be fulfilled and sacred by the grace of God.

Thank you to S. Ram Bharati for realizing and transmitting all that the wise Shuddhananda Bharati gave him as his mission. As the successor of this mission, I thank them both for their presence and love.

It is a real pleasure for me to present *Garland of Meditations* to you. We have so much to learn from this drama! Thank you to Dr. Shuddhananda Bharati for having transmitted *Garland of Meditations* to us. With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget

Kavi Yogi Mother's portrait  
Sage of family life, Kamakshi Ammaiyar



Kamatchi Ammaal,  
a spiritual aspirant in the household  
belonging to the lustrous Thiruvaalar family,  
a great ascetic who grew up faultlessly  
Pleasant to speak with, desiring only  
pleasant things for others.  
In good thoughts, a great woman!

Great in penance of purity,  
She nurtured the clan unblemished,  
Sweet to converse with, loved others  
And memorable in all goodness.

Shuddhananda Bharati



'O mind, think, think, become thoughtless my heart  
Grasp yourself and stand as 'You'!

Kavi Yogi Dr. Shuddhananda Bharati

## From the heart

My first contact with His Holiness, the revered sage of the Cosmic Age, the Seer Poet Yogi Maharishi Dr. Shudhananda Bharati, took place in 1981. I met Kaviyogi in a small house in a deserted area in Sholapuram. He was living there alone in that small house set in the midst of 32 acres of land

I just walked into his holy presence. The sage welcomed me warmly, saying, "I have been waiting for you!" He was very happy and excited like a child. His eyes were very bright and I felt his face was shining like the sun. I first thought he had mistaken me for some other person. I understood the significance of his remark, only later.

He asked me to sit in front of him and looked deep into my eyes. I felt a unique sense of peace and wholesome silence pervading me as it happens during meditation; my mind became totally empty of thought.

He told me, "Ask for whatever you want, I shall give it to you!" An inner voice prompted me to reply, "I need only your blessings!" Thrice he asked me the same question and thrice my inner voice came up with the same reply. Then the sage gave me a veritable feast by offering me songs in Tamil, English and French.

The second day I went to him in the morning. He sang and I accompanied him on my harmonium. He then fed me with the food he had cooked.

Kaviyogi initiated me into the Sama Yoga, a synthesis of all the systems of yoga. He asked me to open a centre for

Sama Yoga in Switzerland, to establish a printing press to print all his books and to spread the message of spiritual socialism all through the world.

Before I left him, Kaviyogi blessed me and gave me a lot of books in Tamil, English and French and told me “It is yours - Go - It is your duty and mission”.

Whatever Kaviyogi asked me to do has been realised and established. In 1988, Kaviyogi laid the basement for his school with the proceeds of the Rajarajan Award. He told me to complete his school building. I agreed.

With friends, we completed the school building which was inaugurated in 1992.

In commemoration of the Revered Kaviyogi Maharishi Dr. Shuddhananda Bharati Centenary 1997, we have released this book in Tamil.

Kaviyogi was not only my spiritual guide and preceptor, he was a warm and affectionate friend; he wrote to me and told me “You are my Chellam (pet)”.

Kaviyogi offered me a gift – his Mala, which he put on my neck and told me “It is very precious”. That Mala was offered to him by Jnana Siddha of Himalaya. Kaviyogi taught me meditation, pranayama and yoga postures and instructed me how to live in total accord with his synthesis of material science and yoga spirituality. I have been working on this successfully for more than 10 years. All my life I shall dedicate to my beloved master and friend “Kaviyogi Shuddhananda Bharati”.

In 1985, he asked me to stay with him at Sholapuram to supervise the works. If was not possible for me at that time; he understood and told me, "Be yourself and what you are".

In 1986, when I was leaving for Madras with his blessings, he called me back more than twenty times and told me "Be careful, you are born to do a great work. Don't listen to anyone, just do your duty and mission as I instructed you".

In 1987, I received a letter from Kaviyogi through a Frenchman. Kaviyogi asked me not to be sad if he has to leave this world, and he stated that "My body will be at Sholapuram, but my love and blessing will be always with you".

After this communication, I met Kaviyogi alone in his room. He asked me "Are you happy?" I told him "Yes". He asked me "Can I go?", I told him, "Yes". I felt that he would leave his mortal body. I told one of my friends in Switzerland that Kaviyogi will no more remain in this world.

In 1989, Maharishi Kaviyogi's Kanakabhishekam was our last meeting.

On 7th March, 1990, Kaviyogi left us forever. Two days later, with a great shock I received this news over the phone, which made me very depressed and discouraged.

My special thanks are due to Sri. R. Venkatakrishnan, Former Headmaster of Dr.Shuddhananda Bharati Desiya Vidyalayam High School at Sholapuram, for his services. I thank all the staff, teachers and members of

the Yoga Samaj and the actual president of Shuddhananda Bharati Yoga Samaj, Sholapuram for having granted permission to publish this book in Tamil during the Kaviyogi Centenary 1997.

This centenary celebration will continue until 11th May 1997 – The celebration birth centenary of Kaviyogi

My heartiest thanks to Miss A. Matilda Grace for typesetting this book “Dyana Malai” in Tamil, to Mary for translating it and to Mrs. B. Jayalakshmi for correcting and proof reading in Tamil.

Chennai, May 1997, S. Ram Bharati



S. Ram Bharati and Dr. Shuddhananda 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; the tree is one.  
Shores are many; the sea is one.  
Limbs are many; the body is one.  
Bodies are many; the self is one.  
Stars are many; the sky is one.  
Flowers are many; honey is one.  
Pages are many; the book is one.  
Thoughts are many; the thinker is one.  
Tastes are many; the 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; the 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's demon.  
Like leaves in trees, like rays in the sun,  
We are one communion,  
One Divine communion (Peace for all).*

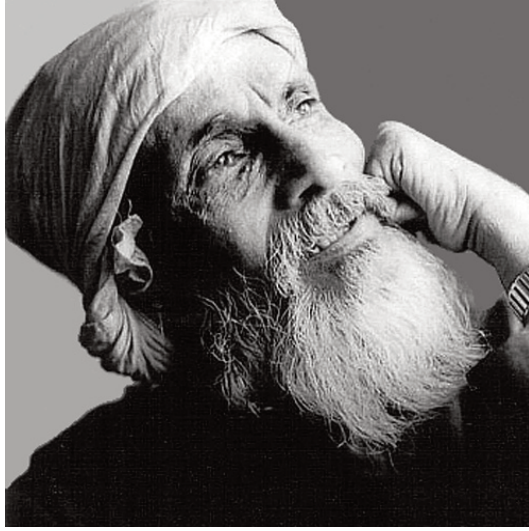
*The good in you is good for all,  
Your life is life for all.  
The God in you is God for all,  
Your love is love for all (Peace for all).*

*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 the home - land and air and sea,  
Dynamic peace we see.*

*Peace for all, peace for all,*

*Immortal peace for all.*



Swami Shuddhananda Bharati

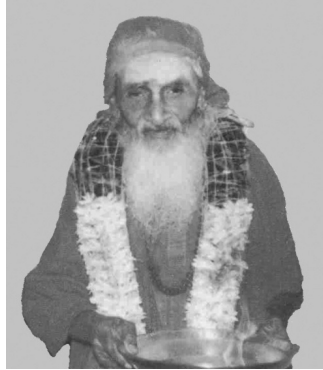
# Presentation of Dr. Shuddhananda Bharati

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!

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Swamiji Shuddhananda Bharati

# A Garland of Meditation

## Part I – Flame of Enthusiasm

### 1. Blossom

Oh Lord Foremost! You awaken me with the flute of flawless southerly wind, and will I sleep longer? Here I arise. In the beauty of silence, nature meditates on You. I too meditate on You in my heart. The celestial stars merge thoughts 'I, Mine' in Your Grace, and I too mingle in You! The heart of dawn is exhilarating like the chanting of the bird-kinds, and my soul-bird too is cooing "My dear, my dear" unto You. Your smile is the splendid beauty of blooming inflorescence! They live their short-span of life with great pleasure, by yielding honey to the bees that whiz Your Holy Name 'Aum, Aum' by offering a feast of fragrance to the breeze that lullabies them, and sacrifice themselves unto You, who have transformed as this very universe: Let my life resemble these beautiful flowers which appear from this soil and perish in the same soil, always smile upon its existence, and be pleased with charitability. Let Your gracious odour prevail like the sunlight every-where; let the life that originated from You help Your world and mingle with You to become eternal in You!



## 2. My heart sings of You

O Lord, the uncontrolled roars of the mighty ocean swiftly enters my flute and sings Your praises aloft. Though this life-boat is constantly thrown away by storms of joy and sorrow, though this soul like a mare jumps and strides in Brest and over uneven climes bereft of thoughts, freeing itself from the bridle of mind, my heart sings of You undisturbedly. I understood that You are the Master and wherever this life leaps in whatever way, You are guiding it. The life goes on. This physique dances as a puppet in the hands is of Time; the soul wanders wherever the wild horses of five senses drag it. Master, something from my inner being sings of You. It always seeks You; it grasps You. Your grace is wide-spread in me like an ocean; I understood that however the waves slash, 'I am the deep ocean and its Thy Themselves'. From the pearls and gems heaped in the deep silence, let my song-waves rise up dancing and praising unto You.

## 3. The smiling rays

O Lord Thou Beautiful! There Your coral-lips smile to let out the sunlight rays and reveal Your joy. With a bead of smile, You make this world glitter like gold. You embrace the waterfall that sings Your praises, with Your golden hands to make it into gold. Oh! Great Star! The constellation that plays miracles in the night vanish at Your very glance, so will You devour my infatuations kindly, and graciously form my external and my internal being. Your

intellects are reflected as the Sun. You drive Your golden chariot of Time over boundless areas. You are the sculptor, beautifying this world with glittering gold and charming greenery with Your gem-like arms of rays. This universe revolves like a merry-go-round. Life thrives at the spear-head of Your rays. With Your rays, You pull the water vapours of oceans and weave the clouds that pour down rains to propagate this world. By Your enormous charity, the buds blossom into beautiful flowers and the floral eyes of the living creatures open to perform their duty. O Great Sun: You protect all life of this world with Your light and heat; depending on You alone millions of activities take place on this earth. You are the unrelated, sole-evidence for all these things. You, humble Star of *Veda*! You are an independent performer; I meditate on You!

#### 4. Streaming melody

Your precious origination has transcended into the streaming melody, from the time the life-infused instrument of music was delivered into Your hands.

With deep felt thoughts from my heart, the harmonious melody springs up to mingle with Your ocean of music which is universally spread, just to shout my joy, like the ocean tides; My sweet heart, Your melodious voice fills this unlimited blue sky and has formed the wide space. The air of Your music gives life to the countless creations with a variety of names and forms and animates them. It is Your rhythmic-waters that spring up from the soul of the mountains and slope down to irrigate the fertile lands and

crops! The Sun too is spreading only Your splendorous musical rays. Your melodious moon causes roaring of all boundless peninsular waters to clap their pearly hands and dance merrily. All the stars of the galaxy are Your musical gems. It is Your divine melody that spreads its wings and flies like waves. Oh! You, tremendous vocalist, let my body become Your Veena and my nerves the chords; my heart beats are the supportive sound of drums; in Your spring of love, let my life's song flow down as Your glorious flood to cultivate Your crops of love in this world and mingle in the very big ocean of Your bliss forever.

## 5. In this mortal coil

Oh! Thou Most Genuine! Only now it struck to my end that you dwell in this mortal coil. Let this transform into Your most holy shrine. Lord, this life breathes to be alive according to Your will. Let this become Your lamp of love. God! I know this soul is Your horse, but without roaming in the wilderness of hatred, fear, humility, desire, envy or arrogance. Let it follow You humbly in the right path. You are the stimulus of my nerves. Let them form the strings of your auspicious instrument of music. My heart is Your throne, and Thou be seated on it, to rule over me forever! Oh King! Let Your power awake me in my abdomen, let the seat of flame in me increase in vigour, let peace and calmness prevail over the region of my forehead; let Your endurance and holiness fill in my chest, let the sky of my thoughts become Your mystic daisies; let the intellectual regions of my brain get showered with Your sweet honey. Oh Sage! Take possession of my central core with Your

supreme power, to become my being and bless me with joyous life to live with true sense of happiness for acquiring such intellects.

## 6. I am in search of You

I came to this park of endless life to play with You. It's You who brought me here. My Love! Where did You disappear? I call You 'Kanna, Kanna'. Along with the cuckoos, I sing of You, 'Shiva, Shiva', with the twilight birds. I reveal Your mystery as I play the harp of pleasant breeze and chant 'Aum, Aum'. I pray 'Narayan, Narayan' unto to You in that waterfall. I am searching for You in the hearts of the multitude worshipping in that temple. From the mosque, I call You 'Allah'. Along with the brothers in the Church, I plead with You, 'Father, shower Your blessings'. In that hermitage, the sages in deep meditation are contemplating on 'Om Tat Sat, Om Tat Sat', in which I seek You. Oh! It is You who plunged into the sea along with the sun after showing Your merciful face? My Beloved Spectre! Are You no other than Lord Muruga who wonderfully smiles, sitting on the peacock that dances marvellously spreading its astral plumage. My Love, the birds have reached their nests and are fast asleep, and I am waiting for You with these fruits of love.

## 7. Will You come?

The sky is Your affectionate letter written to me. All the stars are the golden words. You are sending these letters

by signing them with bolts of lightening. You are sending messages through the Moon like swan that floats in the pond of stars. I expected that You will come riding on the breeze that kisses the jasmines. My Love, I am waiting for You in this house of wide universe. I am alone here in the silence of this night to listen to Your words. The whole world is asleep. I am still awake and I have kept open the doors of my heart just for Your arrival. Dear, I do not need these letters and messages. My Beloved, My Life, I need only You. My heart palpitates in Your affection. My mind always craves Your beauty. My love seeks You everywhere. You are the life in all beings. You are the deity in all temples. Oh! Light of Eyes, Soul of Life, Flame of my love! I seek You in solitude: will You come? When I weep with love and call You, will You arrive?

## 8. Who is in me?

Where will I search for You? How will I call you? You are a single person hiding in billions of names and forms. How will I search for You in this wide space with this small chariot of life? When I asked the swan that wanders on the canopy of sky studded with gems, it answered, "I too am searching for Him in the secrecy of this silent night. I searched for You in synagogues. I heard the priest's bells chiming on, but I could not hear Your sound. I searched for You in the palaces of Kings. I saw all riches but I couldn't witness Your beauty. I searched for You in all castes and creeds. Alas! I turned the pages of books and volumes several days, only to get confused. How many cumbersome doctrines and laws of the religions and races have

tried to entangle You? You didn't get into this mess, yet where are You hiding? I am tired through searching for You externally. I close my eyes. 'Who is in me?' I ask myself. 'I' the answer comes. Is it You who speaks from within me?

## 9. Me?

I have found You! When I close my eyes, You dance and sing 'I, I' in my heart, and if I open my eyes, You move about in various shapes and structures all over the universe, singing 'It's Me, It's Me'. Now the pursuit has come to an end. Who is searching? Who is being searched? It's all You. You are the Universal Dancer appearing in different garbs; You took the garb of this human structure and formed the life too. You say that, "The body is mine, but I am not the body. The soul is mine, but I am not the soul. The brain is mine, but I am not the brain. The world is mine, but I am not the world.

This land is mine, but I am not the land. The kingdom is mine, but I am not the kingdom. I am the King. The rays are mine, but I am the sun and not the rays. I am 'I'. All that is seen and sensed by you is my wealth, but it is not me". I found the truth. I consider You as myself. I pulsate in this heart. I am the taste in the tongue. It's I who thinks in the mind. I am the vision of eyes.

All living creatures and creations found in nature is 'Me'. You are present as 'I' in me, Thou Most Holy! Destroy the strange dissemblance and bless me to unite in You and exist as 'You'.

## 10. Who is that?

Someone is there in my being very sad and confused. I own a palace full of wealth, amassed with gold and precious things. I wear silk and golden brocades. Gold and diamonds glitter all over me and I enjoy a banquet. I rest on the floral mattress. Many are serving me, folding their hands. The poets and singers hail me and are rewarded. With harp and flute, young beauties wonderfully dance and the women's shoulders give pleasure to my senses. But all these luxuries are swept by a flood of tears! I have enjoyed all the pleasures of this world. Whenever I pluck a flower, a thorn pricks me. I tasted a drop of honey from the flower of extravagance. Ah, a honeybee stung me! Whenever my senses tempt me, 'Happiness, happiness!' someone weeps from within and says 'Sorrow, sorrow!' Who is that?

## 11. Conscience

When you think, 'Nobody knows it' and do something, there is one, present in you, who notes it down accurately and questions you, 'Why did you do this?' 'Why did you do that'? Who can it be? My senses say, 'Nobody is watching, you can rob now'. My eyes look cowardly, my mouth curses, the ears listen to the lies and blame. The hands do awful things. The mind is irritated and I yell at others. I am doing all these things very secretly, but immediately one from the inner core whispers and questions, 'Why do you tell lies?' 'Why do you lust for women?' 'Why do you

covet others' belongings?' Who is this trying to dig out everything? He is staring at me in the acute darkness. When I sleep, he wakes up. He shows in the dreams all the real incidents and warns me. Even if I stop my heartbeat, I could not stop the words pulsating from his mouth. He is my conscience, my true friend. He appreciates me if I behave well, but if I take a wrong step, he will whisper and change my direction. He is my king, He is my benefactor, He is my favourite Master.

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