

Dr. Shuddhananda
Bharati

Integral Yoga



ASSA
Editions

Editor's Notes

“Happiness alone is the natural state of life.” Kavi Yogi Maharishi Dr. Shuddhananda Bharati's *Integral Yoga* gives us a new perspective on all the different yoga traditions. His words melt like honey in the mind, soften the heart and bring music to the soul.

The creation of an immortal community by transforming the spiritual life that exists above mental life into a new divine state, as well as attaining the state of final salvation in this life is the lofty objective of integral yoga. This is attained by the transformation of self, through spiritual dedication, practice and determination, making our life itself a sacrifice, shattering the “I, mine, for me”, transforming our spiritual practice into an all-encompassing practice. However, all the fruits of our yoga do not belong to us; they are dedicated to the Lord who is the Supreme Soul.

It is a fine balance between fervour and shower of grace! God is present in everyone with the help of an external symbol, as

incarnations (Krishna, Jesus, etc), who provide guidance so that we can acquire a yogic way of life and be receptive to the energy of grace, definition of the Supreme God. We are present as His agents, worshipping all living beings present as His temples. God speaks from within each one of us: "Remove your veil of egotism! Do not forget that everything is Mine, everything is Me, this life and the world do not exist without Me." The soul, the world and God must become one.

It is a real pleasure for me to present this treatise on *Integral Yoga* to you. It was written in South India. Thank you, Kavi Yogi Dr. Shuddhananda Bharati for having transmitted *Integral Yoga* to us, it is written with so much love. The first edition of this book was published in 1944.

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 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 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

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 always 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

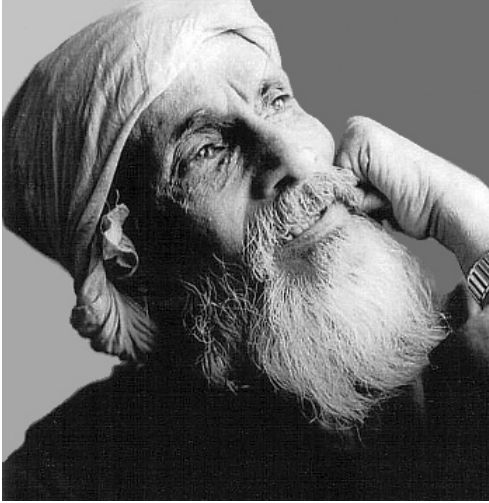
fabric. It is a book for any age which all spiritual researchers and all nations should read and meditate on. This work was completed and appreciated by Sri Aurobindo, the Mother, Mahatma Gandhi, Rabindranath Tagore, Romain Rolland, Annie Besant, Bertrand Russell, George Bernard Shaw, Dr. Suzuki and so many others. It installs the author among the great, men such as Dante, Homer, Racine, Shakespeare, Vyasa, and Valmiki.

Dr. Shuddhananda Bharati is the greatest Tamil poet, having translated into this language: *Gita, Upanishads, Veda, the Bible, the Koran, Avesta, the Buddha-Dhamma-Sangha and Tattvartha Sutra*, the life and teachings of Lao-Tseu and Confucius. From their original languages, he also translated into Tamil *The Divine Comedy* of Dante, the tragedies of Racine, the comedies of Molière, the dramas of Corneille, Shakespeare, Goethe and the novels of Anatole France, Victor Hugo, Alexandre Dumas and others. Shuddhananda's works are innumerable. Malcolm Macdonald, who chaired the Congress on the Unity of the Conscience in Singapore, said in his short speech about

him: "He is such a remarkable man, having such a diversity of raised gifts, that it is difficult to know where to start and where to finish when one speaks about Kavi Yogi Dr. Shuddhananda Bharati. Few men have achieved as many things in only one human life." His name appears moreover in the Encyclopaedia of the World's Great Men, which says: "Kavi Yogi Maharishi Dr. Shuddhananda Bharati is the author of literary works of varied styles: works epic and lyric, melodramas, operas, comedies, pastoral, romance, novels, biographies, commentaries on famous works and texts. *Bharata Shakti* is his magnum opus." He had a presentiment that he would receive the Nobel Prize for Peace or for Literature but did not live to see it. His commitment is summarized in his book celebrating his life, "*L'Âme du Pèlerin* (Pilgrim Soul)."

God I loved and lived in him,
Making His commandment
Leave to Man his entire talents
This is my will!

Dr. Shuddhananda Bharati
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Shuddhananda Bharati

Integral Yoga

1. Happiness

When we meet a friend, we generally ask, "Happy? Fine?" We do not ask, "Sad, sorrowful?" When we offer condolences, we say, "So sad, he is no more; if only he could have lived longer." Why? Each living being seeks only happiness and a long life; the *Vedas* define happiness as bliss or ambrosia and a long life as an immortal state or immortality. If one were to overlook mental aberrations and enquire deeply, happiness and an immortal state will be seen to be our natural state. Who are we? Embodiments of the Supreme God. He is the embodiment of truth, knowledge and bliss, He is ambrosia.

*"Tham vidyaath sukram amrutam
Tath brahmam thadeva amrutam uchyathe"*

"That is purity, nectar, that is Brahman, that alone is God or bliss." One often comes across the words, 'I am attaining the immortal state, I am becoming bliss!'

in the *Vedas*. Our Tamil sages also worshipped God as 'O Bliss, my great love; eternal light of blissful truth! Immortal giver of bliss; nectar to be savoured! Peerless ambrosia, You who is light, the formless One, Sea of bliss, Siva who embodies truth, knowledge and bliss.' The world and living beings created by such a blissful entity are also embodiments of happiness; lights illuminated by a light. Therefore, happiness alone is the natural state of a life. Appar said, "Only happiness, no sorrow ever." Sorrow is a mental aberration! Bliss alone is man's natural state; the philosophy of integral yoga states that a blissful immortal state is a man's birth right. But many questions this and say, 'Happiness, bliss! It is easy to utter the words; look at the suffering the world undergoes!'

2. Humain brain

The human life we see around us flutters its angry wings and flies by shredding the rope-nets of desire. One strikes and knocks down another. The human brain

invents wonderful machines and commits suicide in a wonderful manner. Electricity spreads through a town in an instant; then darkness envelopes the place in an instant if the cable is cut. Man holds land, gold and food in his hands but owing to the glamour and fistfights of 'for me, for you,' man is unable to relish anything, and the struggle intensifies. A man with intelligence whiles away his time in sharpening the knife; man is pitted against man; back-biting, falsehoods, jealousy, cunning and violent anger serve to create divisions in the mind and consequently amongst mankind. Gossip never dies down – five mistakes turn into a thousand mistakes and end in a dance of destruction. Under the circumstances it is little wonder that many people think, "Happiness, nectar, bliss are just words; there is only sorrow, sorrow everywhere." But that is the external aspect. The human eye only looks outwards and is bewildered. By looking inwards bliss can be experienced. The body is the skin covering the heart; but man loses his inner life by looking only at

the body. That is the cause of sorrow. The arrogant selfishness of 'I, mine, for me' is the sole demon that has man in its grip. This demon instigates war; this is the demon that penetrates man and makes him commit unimaginable evil, think unimaginable thoughts and indulge in barbaric acts. It celebrates flights of fancy as reality. Arrogant selfishness is indeed the demon in the human brain. What? Man is not man? Then?

3. Types of human beings

Even if everything is an amalgamation of the five elements – from a tree to a human being – a tree is a tree and man is man; but are all human beings' men? We admonish some people, "Do you consider yourself to be a superior person? Is this humanity?" Why? Only to highlight that man should possess certain qualities; he ceases to be a man if he deviates from these standards; the fruits which emerge from a banana tree are undoubtedly bananas but there are differences between a mountain

banana, a peyan or a rasthali. In the same way, those endowed with a head, limbs and other organs are undoubtedly human beings but there is difference between a drunk Subban and Shankaracharya. Man can be categorised in three types (1) Uncivilised bestial man (2) Civilised human man (3) Enlightened divine man.

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