

Dr. Shuddhananda  
Bharati

Light of  
domestic life



ASSA  
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## Editor's Notes

Yogi Suddhananda's *Yoga Siddhi* (Gospel of Perfect Live) is a famous book; valuable spiritual practices to transform worldly life into yoga are outlined in that book.

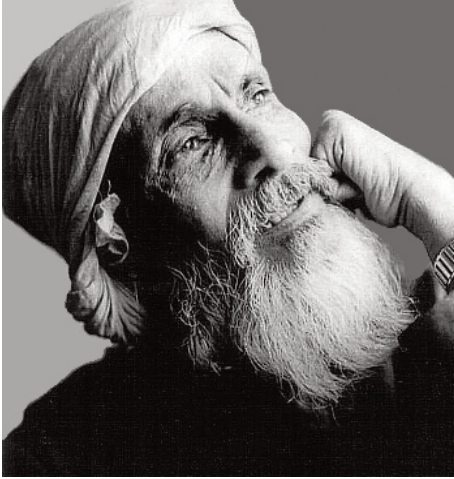
The pride of place in *Yoga Siddhi* is given to domestic life and family life. In both of these, the formal man-woman theory has been explained.

This book that shows the way for a masculine man and a feminine woman to unite and nurture the lineage and live together in harmony is being published as *Light of domestic life* (Illara Chudar) by us.

May this book serve as a light to illuminate domestic life in every house and town.

It is a real pleasure for me to present this treatise on *Light of domestic life* to you. It was written in Pudukottai (Pondichery) in the south of India. Thank you, Dr. Suddhananda Bharati for having transmitted *Light of domestic life* to us, it is written with so much love.

Christian Piaget



Kavi Yogi Shuddhananda Bharati

## Nature of realisation

*Long live everyone!*

The heart is a flower; the mantras speak  
sweet words of your love

May we be blessed with your grace and  
render service as worship

May the world eschew war, nurture  
patience and flourish in life!

Bless us with your grace so we may always  
remember your golden face and be filled  
with love for you

Give me the flame of energy to serve the  
world like my house

May the glory of noble learned men come  
to the fore, may goodness prevail and may  
everyone live happily!

Aum Shuddha Shakti

Love! Peace! Bliss of grace!

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; 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  
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 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: "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, "*Experiences of a Pilgrim Soul (Expériences d'une Âme de Pèlerin)*."

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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Kavi Yogi Shuddhananda Bharati

# Light of domestic life

## I. Nature of domestic life

Worldly life is the domestic life of man and woman. Domestic good conduct is natural good conduct. Fruits and vegetables, cereals and grains come from domestic life. As the home lives, so does the country; as the home languishes, so does the country. The greatness of a land rebounds to the credit of women. May ethical domestic life flourish in an auspicious manner! Natural domestic life will bring only happiness. The qualities of ability, vigour, mental strength and knowledge of man combine with the gentleness, beauty and flame of energy of woman to expand and illuminate life.

A youth who has completed his education in a state of celibacy and a young woman must, after receiving training in matters of domestic life, lead a domestic life like knowledge and love, mind and heart in a spirit of natural love. Their mutual love will

give birth to offspring, embrace kith and kin, provide feasts, help those in distress and spread in the world. Domestic life is that which is rooted in ethics and branches out in love. It will be a pillar of support for all – lovers, elders, sages, old people, ancestors, guests, students and warriors.

Training in love, expansion of ethics, unfolding of beauty, greatness of industry, increase in efforts, experiences of happiness and sorrow – all are attained by domestic life. The nectar of children's prattling that is sweeter than the flute's music, the joy experienced in seeing the growth of golden offspring, the life companion's smiling beauty and the happiness and obligation to develop the world – all are attained by domestic life.

Peace and agitation, tears and laughter, good and bad, friendship and enmity, vigour and fatigue, delight and bitterness – will arrive in turns like day and night. Avoiding being caught in these two changes and living in a spirit of awareness of the pure unchanging soul is a way to transform domestic life into yoga.

Impartiality, sacrificing the fruits of karma, surrender to God, resolution to control desires and anger – practicing these attributes in the state of celibacy and then entering domestic life will ensure the success of that life. The world itself is an elucidation of domestic life. A country's happiness, renown and prosperity depend on domestic life. Let us now study the qualities of domestic life that promote spiritual purification, success of yoga, liberation from bonds and universal impartiality.

## 1. Domestic life

*As the extension of the home is the greatness of the World*

*Make success shine in virtues of the domestic life.* 1

The wondrous world is but the extension of the house, i.e. the fullness of domestic life is worldly life. So, ensure the success of domestic life!

A country is a composite of houses. As the house flourishes, the country will also



flourish. Every country must protect domestic life like the eye. The victory drum of a country is but the echo of the victory of its domestic life. Ethics, love, good profession, mental compatibility, truth, chastity, shared food, good health and patience shall bestow success in domestic life.

*The domestic life that is blessed with God's grace alone is good life*

*If that is not present, no World there is.        2*

A domestic life blessed with God's grace alone is a good and nice life. Otherwise there is no world.

The creation of man-woman and worldly play is a manifestation of God's grace; the growth of life is the world's growth. If there is no domestic life, then there will no growth of life; without conjugal life, there will be no life on earth. Just as God and His grace combine to conduct the worldly play, man and woman must combine to conduct domestic life. Just as the washer man uses dirt to remove dirt, the grace-filled God gives physical, mental, worldly

and sense-related experiences and by gradually eliminating all impurities such as lust, anger, agitation, arrogance and result of karma, He transforms the bonded soul into a pure soul. Domestic life is a means to attain spiritual purification by experience.

*Blemish less domestic life only is bliss; when the Queen of the house and righteous life combine*

*Greatness will prosper.* 3

Perfect domestic life represents the bliss of salvation. That is a precious state achieved and nurtured by the wife who is the queen of the house and a righteous way of life.

There are two requisites to make domestic life happy: a chaste wife and a good life that combines love and ethics.

The wife must have been educated in a residential school for young women and must have been instructed in good conduct pertaining to domestic life. Taking care of the house in a manner designed to earn her husband's praise, to be the auspicious

wealth of the house, correcting her husband's mental shortcomings, providing delicious food, uttering sweet words, providing a musical feast, virtuous conduct, thrifty living, lofty thinking, efforts to earn and provide for the family, being attuned to the exigencies of time and day, giving birth to offspring and raising them, carrying out her duties in a spirit of awareness of God – a housewife who is well acquainted with all these is the queen of domestic life.

These are the characteristics of a morally correct domestic life: – Man and woman should unite in a spirit of oneness; preserving love and chastity with utmost care, they should beget offspring to carry forward the lineage and raise them in a praiseworthy manner; they must work hard for their livelihood, keep their expenditure within the limits of income, welcome guests happily and provide them food, render service with enthusiasm, cultivate love for God, correct themselves and celebrate kith and kin, do public service, increase one's credit of virtuous deeds, to

live one's life and to uphold righteousness in the world – all these form the elements of domestic life. If one lives life as it should be lived, then the home will be heaven.

*Falling in love with a maiden of virtue, having trust in her, lead a virtuous life*

*Like Tiruvalluvar and Vasuki.* 4

May a good man place his trust in and love a maiden of good character, good conduct and a loving heart and may they both lead a virtuous life like Valluvar and Vasuki!

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