

Aum Shuddha Shakti  
Swami  
Shuddhananda Bharati

# Practice of Dharma and Rani Mangammal

*Dharma Sadhan and Rani Mangammal*



ASSA  
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## Editor's Notes

In part one, we have Practice of Dharma and in part two Rani Mangammal, in the battlefield.

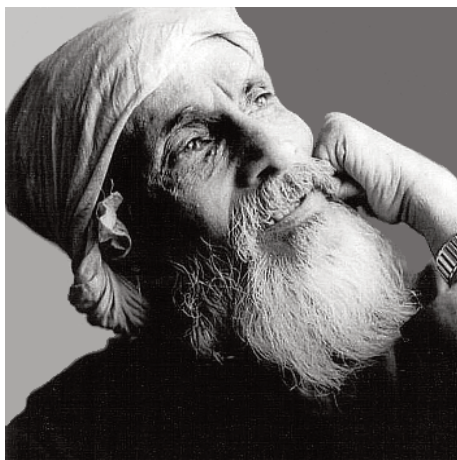
With the grace of God, we submit this book *Practice of Dharma*, or *Practice of righteousness* or *Ethical way of life* at the feet of the universal Mother and bow our heads in worship. It is a guide to life as it should be. By virtue of his spiritual life pursued from childhood and his worldly experiences, Swami Shuddhananda Bharati is possessed of indisputable truths that he has noted down in writing. Some of these were published as a book on moral values which is well known to the Tamil world and has been lauded by learned men. This book is based on the author's ripe experiences of yoga. It is a new book to help us in our daily duty. As the book explains the superior spiritual path to transform human life into divine life and the practices to achieve this end, it has been given the title "*Practice of Dharma*". This book has been published with a beautiful, useful commentary *Homage*, by Sri Narasimha Iyengar, editor of *Tamilnesan*. We have published the text of the book as an additional resource. Anyone who practices the ethics (explained with a detailed commentary) is bound to experience a blissful life rooted in the soul. May the human community follow that path and attain love and grace, truth and purity, knowledge and ability and experience an immortal life in this world itself! That would be the benefits bestowed by this book. The publication of this book has been facilitated with the enthusiastic support of our Association Paix pour Tous. Owing to his deep interest in the Tamil language, he has come forward to string

all the flowers of poetry by Swami Shuddhananda Bharati into a garland to adorn the Tamil Goddess. May God bestow His grace on this work to fulfill his aim!

May God's ethics prevail! Long live ethics! May the righteous enjoy divine grace!

Aum Shuddha Shakti Aum!

Christian Piaget



Kavi Yogi Maharishi Dr. Shuddhananda Bharati

Aum Shuddha Shakti  
One God for all living beings  
All living beings are temples of God  
Homage

Supreme God, You who is everywhere,

You who shows Your smiling face in the auspicious morning! You who plays the sweet flute in the perfume-laden breeze! "Love, love" You sing in the garden nightingale's voice! There in the leaping mountain spring You beat the drum of the Vedas "Om Tat Sat Om". Oozing nectar in Your smile on the moon, You make the limitless sea surge and perform a blissful dance! Dawning as a grace-filled light, You depict the worldly life with compassionate hands! You make the celestial world shine in the hearts of these innocent children! Glowing as a beautiful energy in every household, You nurture family ethics! Becoming the masculinity in men and the femininity in women, You invoke love and enable the world to live! In the boundless university that is life, You impart lessons with nature as teacher and endow our minds with wisdom and finally make us seek refuge at Your divine feet.

God, You who is an inalienable part of our life, You who is the spiritual light in every heart, the whole world is Your temple; the body is Your embodiment; life is Your divine play. Those who attain You in their hearts and stand close to You, You make them impervious to the joys and sorrows of this world. Those who forget You and wander in the forests of arrogance and desire, You subject them to

suffering the fruits of good and evil actions for a long time before they realize the truth and start loving You, You who dwells in everything. Shower Your grace so that we may merge with You internally and externally without differences of You and I and lead a bliss-filled life in the temple of the world. A pure mind is the flower we dedicate at Your feet. May the divine service we render in order to attain an enlightened, liberated state where mankind leans more and more on You and leads a life in union with You be Your worship! Supreme God, You alone are the truth, You alone are knowledge, You alone are bliss, You alone are our God. Without any obstacles, with the help of true love, clear insight owing to mind control, with intense concentration and meditation, good karma, may we attain You with Your grace, perceive You everywhere in everything and follow the righteous path with You as the keeper of our conscience!

May we always practice Your sacred laws that blossomed in spiritual independence devoid of external controls! Each heart is Your celestial world. Every conscience is Your sacred sceptre. May we follow its path with Your grace. Aum Shuddha Shakti Aum!

Please bestow Your grace so that our minds are not corrupted by differences of caste, religion, colour, country and class and we may look upon everyone as Your animate temple! Belief in God, spiritual knowledge, purity of mind, speech and action, truth, inner bliss, modesty, patience, good work, grace, love - these are the basic tenets of all religions. May our lives become a moral practice where these ten attributes exist together to shed light!

Rooted in spiritual awareness, sprouting branches of love, spreading love, may our life be filled with the fruits of happiness, and may all fruits become an offering to You, You who dwells in everything! Father, bestow Your grace so we may always remember that we are Your children and live as a community in this world, extending help to one another. Devoid of tyranny, extreme conceit, falsehood, jealousy, arrogant assumptions, murder, vice, backbiting, deceit, alcoholism, intoxication, gambling, prostitution and fighting, may we have love, charity, simplicity, humility, compassion, peace, an honest livelihood that brings us food and clothes to wear, may we see You everywhere in everything and live our lives as a form of Your worship. God, You are the monarch of the world. Spreading the rays of Your grace, You ply five trades and rule the world. The sky is Your umbrella of grace under which we live as Your subjects. Showering rain on earth, You protect crops and lives. Wind is but the speed of Your travel in an unlimited space in the chariot of time! Every time we draw breath, You alone are our breath; You are closer to us than air and You are the compassionate benefactor who guides us! Please bestow Your grace so we may always remember this truth and meditate on it!

May we experience Your universal light internally and externally every time the sun's rays dispel the darkness of the world and penetrate our eyes and pass through them. With a vow of pristine celibacy, may our youthful life be spent in acquiring true education from good teachers that impart good attributes such as knowledge, art, livelihood, ability, good conduct, vigour, ability to do public good, mental strength etc! May man and woman at the right age,

with deep mutual love, education, talent and good conduct unite in marriage, lead a life filled with love and moral values and beget good offspring and may our youth contribute to Your divine play in this world! May our every experience in the world serve to erase falsehood and bring truth to light, dispel darkness and show the light, remove the tarnish and emit radiance, destroy arrogance and nurture devotion for You and prepare us every day for uniting with You! God, seeing You always in our hearts with inner awareness, may our lives progress on the stage of this world like a victory chariot steered by You.

Please help us to do public good according to our ability. May we always remember that this home, land, family and children are wealth given to us by You. May the arrogance of 'I, mine' be destroyed. May we strive to overcome poverty with industry, dispel ignorance with cultivation of knowledge, conquer enmity with love, overcome obstacles with spiritual resolution, get rid of differences with unity and may our lives be infused with celestial nectar that bestows bliss! May we be bound only to Your divine feet without any other attachment, may we love only You, may we undertake a penance and with the help of recitation of divine names, meditation, silence, devotion and other austerities perceive You as the God who dwells in our hearts and spend our lives doing yoga and public good! Please bestow Your grace so our minds may mature through detachment, understand the nature of the world, perceive You as the only truth, unite with You in the temple of the heart, worship You with consciousness and when the call comes, merge In Your sentient sea as a fully liberated celestial Ganga without any attachment, bonds

or affection. The camphor burns and disappears in the atmosphere! The wind roams around and is finally subdued in the sky. The river twists and turns, tires and merges with the sea. The stars travel long distances during the night and mingle in the rays of the sun in the morning. In the same way, liberated from the bondage of its good and bad karma, may this river of life merge in the light of Your grace! Supreme God, I worship You! O Pure One, I bow before You! My homage to the righteous path that shows the way to Your grace! Salutations to the righteous souls who are Your pure embodiments! Long live the righteous God! Long live righteousness and righteous people!

Aum Shuddha Shakti Aum!

Sri Narasimha Iyengar



## 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 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. 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 one of the greatest Tamil poets, 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 (Expérience 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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# Nature of God

## 1. God

You who is the sound of Aum, the light in every soul

You who is the source of eternal and perfect bliss

The self-manifested One in the heart, You are a flood of pure bliss and the light in the sky.

A repository of the eight attributes such as great purity, independence, ability, knowledge, happiness, perfection and unchanging qualities, You are the embodiment of virtue and wisdom.

You who created the wind, fire, sun's rays and the world of the sea, You are the sole support for Your devotees.

Believe that everything belongs to Him, everything is His command, everything is in His likeness.

## 2. Inner Truth

Realize that there exists a supreme being that is beyond the differences of name and form

People may speak differently in different voices in the world

Realize that the heart is but one.

He who reigns in the fortress of the five sheaths, namely body, soul, mind, intelligence and happiness



Control your five senses and perceive Him with love.

Wake up, arise, perceive the celestial world inside you and experience the supreme bliss!

### 3. Explanation of Grace

Think of the perfection prevailing everywhere

With the rays of grace from One who is the light of wisdom

He who plies the five trades of creation, preservation, destruction, concealment, and grant of grace

Look at the unique God's shrine

The One whom you see there is the God perceived in your mind

He who dwells in a miniscule piece is also the One who wanders in the vast universe that's His temple

As the delusions of 'I, mine' begin to disperse

Pray for His grace to merge with Him.

### 4. Worship

With devotion in your heart

When you speak to Him from your heart

He will respond, that is God.

He who is the embodiment of true love

Worship Him with true love in your heart.

Holding on to Him without other attachments  
Making offerings to Him in a spirit of humility  
That is indeed worship.  
By getting rid of 'I and mine'  
His grace shall flow in a flood.  
To those who give themselves  
He shall give Himself,  
He is the father and mother, worship Him

## 5. Access to God

God who creates, conserves and brings about changes  
Know Him with the help of a pure heart  
Truth, fasting, control of anger  
These are the means that lead to God, the pure One.  
True devotion, resolve to do good, compassion and charity  
These shall support the true devotee.  
With a mind inured to lust, anger and agitation  
Seek out God.  
The lustrous light shining on the stage of your heart  
Perceive Him in you without other thought.

## Nature to the world

### 6. Temple of the world

God who is present in all living beings

See how He dwells in this world that is His temple.

For all the souls He is the life force

That steers life everywhere

He is the universal God who has the world as His temple.

To embellish the vast celestial world, He performs a dance of grace

Perceive Him as the supreme God.

The physical body is a divine kingdom; the soul is king; the natural qualities are ethics.

Think that nature itself is the body; God is the soul; living beings are the kith and kin.

### 7. State of the world

Why a fight to the finish? As long as you live,

Live in friendship in this ancient world.

With a divisive mind you cannot see the world

See the earth with inner awareness.

There's but one God; He is everything.

Falsehoods and false attachments separate us from Him

After consideration, God endowed the banyan and pumpkin trees with fruit

The arrangement devised by Him is the best.

In this world everything mutates and changes to grow

Respect only that which is unchanging.

## 8. Nature

The book of nature opens up joyously

Revealing a fruit of knowledge inside.

Speaking without words, it imparts a lot of beneficial knowledge

It is akin to a preceptor.

Drawing vapour from the sea with the sun's rays

It brings rain-bearing clouds

No wonder it's called soothing nature!

Soundlessly performing a million miracles

It's a beautiful dancing mother!

It's nature that creates everything

Hold on to it and learn life's lessons.

## 9. Living beings

Every living being is created by God as a fruit of karma

One's appearance is determined by karma

With the grace of the pure One  
Every living being may attain liberation.  
In order to attain the immortal Perfect One  
Every living being reaches the highest level by evolution  
I am nothing without woman, woman is nothing without me  
So thought the two and united to create this world.  
All differences are delusions of a bemused mind  
Discard them as obstacles.

## 10. Worldly life

Not to make use of one's qualities to know God  
What a waste of this birth!  
Realize your spiritual power, perceive the universal play  
inside you and exult in it.  
In this world of karma filled with so many actions  
Know that everything is divine play.  
Relishing your mental resolve  
Conquer the world of karma like a brave warrior.  
True fulfilment lies in celebrating worldly life as a means  
of spiritual growth.

# Nature of ethics

## 11. Knowledge

What are ethics but virtuous conduct

That seeks fulfilment in life for oneself and happiness for  
near and dear

Take the dictates of conscience as the king's command

Attain the highs of life

When the inner prompting points to a path

Tread on it fearlessly.

Whatever you know as righteous

Just do it. God's grace shall protect you well!

Who knows what after death? Do optimum good in this  
visible world.

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