

Dr. Shuddhananda Bharati

Yoga for All

Explanations on Yoga

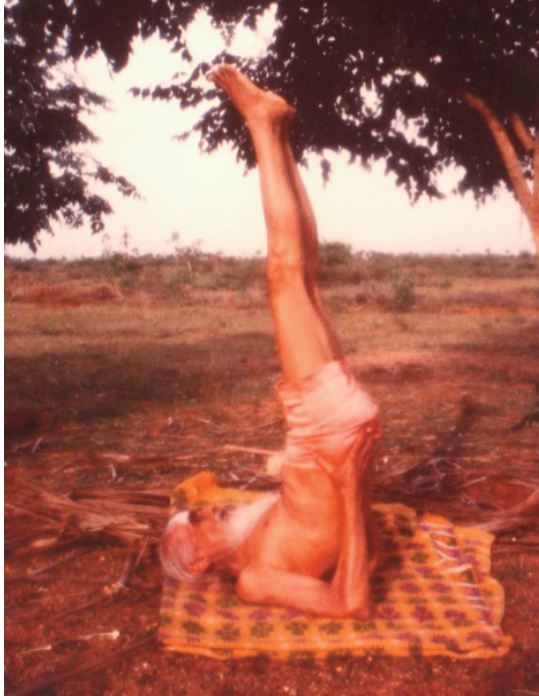


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Author's Notes

Yoga for All is a comprehensive scientific treatise, with illustrations, on body building, physical and psychic health, *Asans* (*Asanas*), *Pranayam* (*Pranayama*), conquest of the mind, sublimation of sexual energy, self realisation and life divine.

Dr. Shuddhananda Bharati



Dr. Shuddhananda Bharati at the age of 87 years
Yoga Posture: *Kantasan*



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*



Editor's Notes

This work is a complete analysis of human physical, psychic and spiritual operation. It is identical to *Cosmic Riddles* which was published in April 2005 in French. The more one advances in the reading, the more one feels the great knowledge of Dr. Shuddhananda Bharati.

With simple and precise explanations of *Yoga*, it takes us along on the way of the Divine as well as giving guidance for the wellbeing and the evolution of the heart by means of the physical health gotten by the various yogic exercises. A feeling of softness and peace in its introduction lets us discover the major relation which it has with the Divine one – the Total Union with the Pure Spirit of a perfect Yogi in fact.

In *Yoga for All*, it is held that we must embellish the majestic side of our terrestrial life through the expression of *Yoga*. *Yoga* is not the extinction of that life; it is for Dr. Shuddhananda Bharati the blooming of life. *Yoga* gradually evolves us towards the expression of Divine in Oneself.

Dr. Shuddhananda Bharati created and synthesized in his *Sama Yoga (Yoga for All)* all the old vedantic and tantric yogic techniques. His explanation is clear: *Sama Yoga* is the integral life of the Pure Spirit in matter. *Hatha Yoga* gives you a virile body, *Rajah Yoga* the conquest of self by the control of the spirit and *Jnana Yoga* gives self-knowledge. *Bhakti Yoga* ensures divine happiness by enthusiasm, prayer, song and devotional dance. *Karma Yoga* seeks the

Divine Grace by devoted service and tenderness. *Gita Yoga* teaches us how to live in the detached active world of our actions. *Japa Yoga* develops the concentration and the vibrations of the psychic elements. Through the Will, *Tantra Yoga* joins boldly with Nature and conquers it by cosmic force. The final goal of all old *Yogas* is the delivery from the risks and the sorrows of this fleeting life.

Sama Yoga makes a synthesis of the best of all the old ways and tries to build a new collective life on the ground. It is a synthesis of material science and spiritual *Yoga*.

It is a real pleasure for me to present this treatise on *Yoga* to you. It was written in Madras in the south of India. Thank you, Dr. Shuddhananda Bharati for having transmitted *Yoga for All* to us. May its leitmotiv: Unit, Purity, Divinity radiate through this book!

Christian Piaget



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)*

*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 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 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. His commitment is summarized in his book celebrating his life, *L'Ame Pèlerine (Pilgrim Soul)*. The two 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! That 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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1. Introduction

Come lovely souls

Come lovely souls
With your sweet smiles
Sing happy hails
Greeting equal souls

Aum is our name
Heart is our home
Our Truth is same
Beyond name and form

Life is His breath
Love is its worth
Joy is our health
In God's commonwealth

Accord is mirth
Discord is death
Care is our filth
Good Peace is our wealth

Graceful and kind
Tranquil in mind
Go deep and find
Lord's Light behind

When mind is pure
He is there sure
Open heart's door
And behold Him there

I is our soul
God is our goal
To God yoke the soul
That is *Yoga for all*

2. What is Yoga?

A hidden voice is eloquent to inner ears. A hidden light smiles in every heart. We want peace and bliss and they are the very nature of our Soul. There is a fountain of wisdom that can remove our thirst and keep us joyful. To rediscover this and live in tune with the Self is *Yoga*.

Yoga is right life, right movement. We live by the union of several elements and principles. The lungs breathe in union with the air; the lungs live in *Yoga* with the air. The heart beats in union with the blood; the heart lives in *Yoga* with the blood. Our body lives in union with the Pure Spirit and that in union with the Divine. This union is called *Yoga*. All life is verily a *Yoga*. *Yoga* means union, communion, connection, touch, contact. *Yoga* is the yoking of the mind to the Soul, the human to the Divine in us. In a technical sense, *Yoga* is a psychic Science showing us how to live in tune with the Pure Spirit that is our Divine essence. There are two parts in our Being – the Human and the Divine, Nature and God, Matter and Spirit, *Prakriti* and *Purusha*, *Deha* and *Atma*, Body and Soul. The Divine Spirit is immortal, peaceful, blissful, dynamic, and full of energy. The other part – Matter, Nature, the human part – is changeable, mutable, mortal and limited. *Yoga* enables us to live in the matter conscious of the Pure Spirit.

It unites the human with the Divine in us by psychic purity and gnostic equilibrium.

Yoga is not life extinction;
it is life expansion!

It is not self-immolation, it is self-transcendence. It is not mere religious moralism; it is a supramoral spiritual life. It quickens the evolution of humanity to Divinity. *Yoga* purifies, unifies, transforms, perfects and divinises human existence and heavenises Earthly life.

“Be a Yogi” said Sri Krishna to Arjuna. “*Yoga* is mightier than *Tapas and Jnana*, austerity and knowledge.” *Yoga* is greater than religions that are built round personalities. *Yoga* develops round the immortal Self which knows no differences of mental creation. *Yoga* is not a personality cult. *Yoga* is a great force for cosmic unity and harmony. There are many branches of *Yoga*. We synthesise all in one Pure Bliss and call it *Sama Yoga, Yoga for all*.

3. Your birthright

Yoga is nobody’s monopoly

Just as everyone has the right to breathe air, drink water, and eat food that Nature gives, every individual has the right to know the Divine Spirit and live in its dynamic bliss. In this there is no caste, clime, creed or religious difference; all aspirants, all sincere seekers can join the Yogic Circle. Purity, Unity and Divinity are the watch-words of *Yoga*. The pure *Sama Yogi* is the centre of the cosmic force;

he perfects himself to perfect humanity. He unravels the knots of life; he solves within himself the riddles of existence and helps humanity to solve the same. Whatever he gains is consecrated to the progress of the human aggregate. He finds out the missing concord between the Subject and the Object, between Matter and the Spirit and leads an integral life of the Spirit in Matter. The spirit of the Divine Orient and the science of the dynamic Occident unite in the harmony of his higher life. The Pure Yogi has a shining body, healthy system overflowing with energy, a dynamic vital strength and endurance, brilliant intellect, blissful heart, psychic love, freedom of conscience, equality of vision, self-delight and divine consciousness. He is a superman, a god-man, a saint and hero, calm in mind and powerful in action. His body lives in tune with Nature and his Spirit in tune with the Divine. Self-fixed, he acts in the world without any hitch or bondage. Is this possible for the common man of the modern world? Yes, if one has the aspiring will.

4. How is man today?

Man today has many problems which have gone beyond his scientific brain. His science is wonderful, but his psychology is deplorable. He measures heights and depths, but is unable to focus his mind into his own self. He has television, but no self-vision or cosmic vision to see himself in all and all in himself. He plays Othello and Tartuffe with existence. The world wars have left behind them ghastly blood-prints of the weaponed beast in man. Yet callous brutality threatens humanity with uranium thunders.

Man's thoughts are far away from God and his life far away from Mother Nature. His politics is full of wars, his economics full of wants, his commerce full of exploitation and his education soul-less. He is in discord with himself and out of balance with society. His mind is not in its right place and nor is his vitality. His craving is restless and his dissatisfaction endless. His life swings between fad and greed. He kills animals for food and kills men for power. His vital passion bursts out to break the *Bible's* commandments. Heavily clad, multiplying his wants, living in thick-walled rooms, his life is laden with sins and evils due to wrong movements.

His life must obey Nature and his soul the voice of God in the conscience. Harmony with Nature is health; harmony with the Divine Spirit is *Yoga*. Man is a Spirit embodied in Nature. He must know his body and his spirit and live in tune with Nature and God.

5. Loving nature!

She fills the earth with floral beauty, fertile greens and golden yields. She has provided her children with ether, air, fire, water, earth, fruits, grains, nuts, vegetables, milk, etc. She has provided for their thirst and hunger. She cradles them on her bosom and heals their ailments. She feels from plants, senses from animals and thinks from men. She breathes from the lungs and throbs in the heart. Nature is the wonderful power that plays the game of God in creation. All things and beings are instruments of her universal play. Each cell of our being is instinctive with

her touch. Her intelligence is evident even in the minutest capillary. Nature is God's embodiment, his manifesting energy. The infinite sky, countless stars, boundless ocean, the bright sun, cool moon, the blessed rain clouds, the vital air, the subtle ether, the majestic hills, flowing streams, fertile crops and plants that sustain our lives, the fire that warms, the water that cleans and the earth which homes our destiny are all free gifts of Nature. Electrons, protons, neutrons, ether, electricity, magnetism, gravity, equilibrium, pressure, instinct in creatures are all forces of Nature. Mind, will, intellect, intuition, sensations and emotions are self-expressions of Nature in man.

She warns man to follow her. "Your body, life and mind are my mechanism. I am the source of health and strength. Use my elements; live in tune with me, pure, free, equal-minded, simple, clean, calm, peaceful and blissful. The body is my architecture," says Nature.

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