

Dr. Shuddhananda
Bharati

Garland of Bliss

Inbha Maalai

A collection of letters
in verse on Self-Realisation

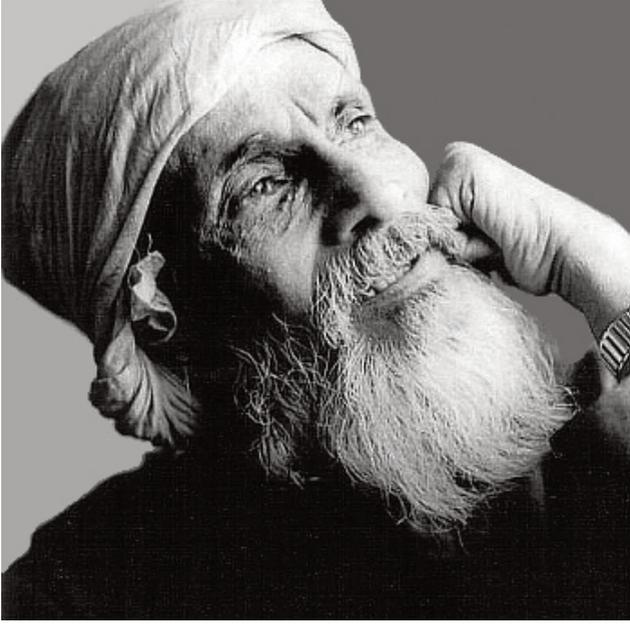


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Picture of Meditation



Even if gold and, material and Earth are present
Within one self, with love, for one self.



Yogi Shuddhananda Bharati
11-5-1897 – 7-3-1990

Editor's Notes

All of us desire bliss. We wish to live without worry, peacefully, independently. We desire that the entire World should live united, as one family, without quarrels and revolt, without fights of caste, religious, scientific and lineage. We search through several experiences for that form of knowledge which is very superior to all, and long for.

This *Garland of Bliss* is indeed the experience Book which shows the clear path for all these. Love, peace, unity, harmony, beauty of life, internal knowledge, Worldly knowledge, merging with God – all these are contained in the meaning of Bliss.

To get this bliss need not wander here and there. Each one's heart is the spring of Bliss. In that each one can take wisdom bath. One can search for and experience the Bliss within one self. There are no differences of caste, religious, doctrines, lineage for that. Each one, in that inner Bliss, merging in that joy of Self, attaining the state of immortality, can move around as the Temple of divine grace. It is such a Bliss of Self that he attains first by being in the Yoga of penance for several years and then propounds to the World his experiences, the Author of this Book, Swami Shudhdhanandha Bharatiyar.

This Book is nothing but the answers, learnt through his experience, to the queries asked now and then by his affectionate friends. The Author of this Book is one who has seen and practised all Religions and philosophical Books. He describes here the path that can be attained

and enjoyed by everyone. Every line in this Book is fit for Meditation or for Life in divine Bliss. Along with this Book please chant *Dharmasadhanam*.

Let us develop love

Let us work with love

A special thank you to Nagaraja Kumar Srinivasa Rao for his meticulous translation and for his highly developed preface. He does so a great work, he is blessed with Love and Divine Grace.

It is a real pleasure for me to present *Garland of Bliss* to you. Thank you, Dr. Shuddhananda Bharati, for having transmitted *Garland of Bliss* to us.

With the blessing of *Aum Shuddha Shakti Aum*.

Christian Piaget
Christiananda Bharati

Preface

This Book, *Inbha Malai* (translated as *Garland of Bliss*) of Dr. Shuddhanandha Bharati, born out of the thoughts and realisations consequent to his long periods of Meditation in the Mountains, in solitude are words of wisdom created for propagating to the World.

In his Foreword, Dr. Shuddhanandha Bharati clearly brings out the essence of this Book. He first takes up the Path for Bliss, and writes about the life of Birds, describing how Birds live in happiness without any thoughts of differences, then goes on to advise abstinence from any form of fights, highlights how there is distress and sorrow due to human beings not having unity, how man suffers because of selfishness, why he is not able to live happily in this World.

Then he goes on to say that there is a Power beyond our comprehension that makes the Universe function. He then describes in detail what is Soul and how it is a treasure and why one should realise it and come to know that all human bodies are Cosmic consciousness only and God dwells as Soul in everyone's Inner Mind. Swamiji concludes this Foreword by saying that this Book, *Garland of Bliss* guides all towards the achievement of totality of Pure Soul, with no thoughts of differences of caste, creed or Religion.

'For what shall it profit a man, if he gains the whole world, and suffer the loss of his Soul?' – said Jesus Christ. Such is the magnitude, magnificence and greatness of the Soul. Many among us are not aware of this great truth.

Soul has been a topic of discussion, debate and deliberations since time immemorial. Spiritual people are very clear about the Soul, its existence, its immortality and its functions while Scientists talk only about biological life and biological death and talk about laws of Physics and Chemistry.

So, a number of questions arise in the minds of the common man about Soul, about future life, and about our belief in a continued existence after death.

Similarly, men and women are eager to know what Bliss is, the state of perfect happiness, oblivious of everything else.

Swamiji addresses this search of mankind and like the many beads in a beautiful Garland, joins together his thoughts and experiences for the benefit of humanity and stresses upon the method of experiencing in depth as the only way to really comprehend the totality of Bliss, Soul and God. Shuddhanandha Bharatiyar defines the various parameters of Soul lucidly, in many ways, how it is a Mine of Bliss, how it is to be worshipped, the immortality of Soul, the freedom of Soul, merging with the complete thing, what happens to the body when the life of a human being departs, power of love and much more, in chaste Poetry. He also laments on the absence of unity in mankind and on the hatred of men towards Noble men who descended on the World to speak of the ultimate Truth and God. Very deep is the philosophy.

Swami makes clear in one place; man cannot easily understand this philosophy even after taking many births. Unless he goes deep into it and experiences it too.

Anyone wanting to know what Bliss is and what are the means of achieving it will get their answers by reading this Book. The power of Dr. Shuddhananadha Bharati's thoughts, his deep understanding and faith in God, his strong advocacy for humanity to live in unity and harmony, having belief in the existence of one God are all vividly discernable in this Book of deep philosophy.

What one may have to learn and assimilate from ten books or more on the high philosophy of human existence and realisation of Self and bliss, one can learn by simply reading this single Book, '*Garland of Bliss*'

Even the best of the paintings require a wall for display here is ASSA and Mr. Christian Piaget giving that big support for translation and publishing Swami's classic Books, including this one, with the goal of propagating the great thoughts and invaluable messages of Swamiji globally. Commendable service, it is, by ASSA, undoubtedly.

A Book of immense value indeed this *Garland of Bliss* (Inbha Malai) is and would benefit on a large scale every reader who reads it calmly and thoroughly. I as the Translator am benefited in no uncertain terms to gain knowledge of the many spiritual philosophies and the ultimate Truth, as I was translating the Poetry and thank Mr. Christian Piaget of ASSA for offering me this wonderful opportunity to swim in the Ocean of Philosophy, so well expounded by Swamiji.

Nagaraja Kumar Srinivasa Rao

Flower of love (Song)

Love only is the equivalent to Thee; Love only is the form
for Thee

Love only is the Temple for Thee!

Love only is the flower for Thee; Love only is food offering
too

Worship with Love is for Thee!

Love is the religious duty too meant for Thee

Thy Love only is the path of righteousness for me!

Love only is Religion for me; Love only is comfort for me,
Love only is salvation too for me!

Love only is body for me, Love only is life too!

Love only is entire World for me!

Love only is boon for me; Love only is rare penance too

Love only is all positions!

Oh! The Thing that is abounding in Love,

In who Love and beauty rising high, the wave of total
Love rolls over!

Oh! The form of graceful silence, in which Grace multi-
plies, And the mountain of knowledge, fertility, fragrance
and wealth grow!

On the spacious Earth, of all the languages praised

Tamil is pleasant, Tamil is pleasant, you can see!

Among the relatives and people around with unbounded
affection,

Mother is the pleasantest, Mother is the pleasantest,
you can see.

Among the Continents from the beginning of the World,
Sacred Bharat is the greatest, you can see!

The supreme penance that conquered Character, Heart,
Diligence and all

Is pleasant, is pleasant, you see!

More than all the wealth and other things

The excellent detachment of the Mind is great
you can see!

Among the mystic powers difficult to be searched, the one
which is the highest

Is the supreme, natural state of Siva which has no search,
you can see!

Whoever does well to me, if examined

I myself am goodness to me, you understand!

Oh! The complete Soul, the broad wealth and happiness!

Oh! Supreme God! The great knowledge!

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 lives 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.

For all the Words God is One
All Bodies are God's Temples only



11-5-1897 – 7-3-1990
Swami Shuddhananda Bharati

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; and 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 that 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 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 with peace, happiness and prosperity!
That beauty and greatness of the soul of Dr. Shuddhananda
Bharati bloom and scent the entire Earth with their divine
message and spiritual and unifying benefactor!

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Swami Shuddhananda Bharati

Garland of Bliss

The Path of Bliss

1. The Life of Birds

This Mango Tree is laden with fruits. Parrots arrive; eat; make love; make nests and live; rear little ones, feed and care. During dusk fly swiftly – dart here and there, sing and feel excited. Rest and sleep on the lovely lap of night!

With flowers flourishing, fragrance spreading, with the gentle breeze playing on a flute, the Morning damsel shows her pleasant face. Birds arise and sing the rising song; join together and rejoice; “zzoom” ... fly swiftly away into the blue sky! Name, Shape, Colour, Song, Voice, Food, Residence vary; but no fights – no quarrels because of these. Never die stabbing each other because of frenzy for Land, women, wealth. Why does the rational Human Beings, take cognisance of external differences and break each other’s skull?

2. Why this deep slumber?

Books on Wisdom, Justice, Instruction and Instructors – lie uncountable. All as the story of the alarm kept for Kumbhakarna! Humanity is still in deep slumber in darkness! Religion, Sub Religion, Mini Religion and separate Lord for each, Mutt, Temple, Principles, Sign, Action, Codes, Science differ. For each the salvation differs! Let it be so; World is multifarious. If each of these try to reach their goals in peace and Natural ways – is well and good, but

not so! The Sky is full of Stars and Constellations. How silently they perform their given duties and journey towards the Temple of Dawn! Why this mankind fights verbally, physically with swords and daggers, fight and commits suicide in the name of God?

3. No more fights

God is one; Parties many; Dharma is one; Logics many; Truth is one; Arguments many!! Saivism, Vedantam, Goddess worship, Jainism, Budhdhism, Judaism, Jewism, Christianity, and Islamism – all these aim at what?

Bliss!

Graceful Poets showed the moral path for joyfulness; but men building religious Forts, fight among themselves! War of Books, War of letters, War in the name of God, War in the name of religion, War of empty appearance, War holding the tuft, War of food, War of Mutts, War of Temples, War for waters, War for even salvation – why such petty Wars in this Temple of World? All proclaim that God is one, dear to life; He is the only support for lives! Even religions that do not accept God, their views about God, say “Soul is one; it is Blissful; if the illusion of desire and ego is destroyed, That can be attained and gain happiness; Be kind to all; do not scold anything; never show enmity; do not chop; do not kill”.

But what is happening? All these preaching are like the story of a man who sounded seven notes for the din of Market!! Why has not the Humanity not seen Bliss as yet?

4. Why this misery?

A Story:

There were several religious sects in the People's City! People in their respective Temples prayed for long hours "Oh! My dear God! Give us Bliss". God appeared over a Mountain.

"I am the Bliss! I shall give Bliss to all; come unto me united! Be kind", said He

"What! To all? Me and that ignorant are equal? Me, with the sacred thread and that guy with the hat? Me, with the mark on my forehead with twelve holy mud and that guy with ash on his forehead, same? Oh! God! Should you not know comparative value? I am fair, he is black. He is brown. That guy is yellow; how could all be the same?" shouted the Caste fanatics and colour fanatics.

Saying "I will be there where Love is!" If in agreement, it is Bliss; if in antagonism it is sorrow. Bliss won't reach as long as there is Caste and Religious fanaticism" the God vanished.

Look. It rains from the sky. The Land produces. If there is Labour, livelihood will be there. Prosperity will be there. Yet why do famine, poverty, competition, jealousy, and food-wars kill humanity?

'Man's Trade-plots, Division is yours, Document is mine! Tree for you, fruits for me! Land is yours, Paddy is mine, are like toad spreading leaves for the Snake's wedding!

Just like 'Labour is yours, Material is mine!' greed devours Human Rights. With higher caste on the lips but with sickle in the tummy is the human relationship. Peace talks in the Council, big canons in the City!

Once people from several nations assembled to pray to the Goddess of Peace. The Goddess sounded from the Sky: "Good. I shall grant Peace. But will each one protects their land and not covet others property? Will you dump all Canons into the deep Sea? Will you sustain with what remains and live by hard work and Labour? Will you abstain from committing day-light robbery on each other?" It asked.

"What a Goddess you are!" Don't lay your hands on my Canon! I will shoot you. If you bestow more and more land and wealth you are a good Goddess. My heart craves for winning the whole World. But you want us to throw our guns and weapons into the Sea! What is my colour, brains, culture? How can I live lovingly with that Barbarian, that illiterate and with that guy competing with my business on Trade-ships? Oh Angel! All Nations are my land. All are my slaves! But talk on Peace, otherwise don't come near me at all" shouted the Sky Giant.

"Where there is no love and inner joy and justice Peace will not come. If blood gets mixed, clemency. If blood boils, war, affliction; if united, helpful; divided, problematic. The egoist, the craving proud fellow, even if he were to ride on a Lion with a snake-whip, can never rule peacefully" Thus uttered the Goddess of Peace while departing.

There is no dearth of Gods, Religions, Lands, Water. Then why does ignorance and poverty torture the World? Man suffers as he does not know to live united and due to the wild dance of the Selfish Devil and due to craving pride impudence.

5. The Goddess of Morality

“Oh! Lord! I worship Thee! I Cry offer incense; offer alms; be by my side! Give victory to my bombs!” Prays the Land fanatic! This worship is like kissing the face after slapping! This type of charity is like offering the hair after beheading!! Will dagger frenzy give comfort? Would the Strychnine seed soaked in honey taste sweet? Dear men folk, rule men with humaneness; be a Trustee for Humanity!

“Think that Kingdom and wealth is clay Palaces on the bank of ‘River of Times’! Be Truthful as long as you are alive! Spread love in this World” says the Goddess of Charity!

Who would obey?

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