



Constantly Be Victorious Over Undivine Forces

After nine days of worship of the Divine Mother, we celebrate victory on the tenth day. This may mean that after much struggle, ultimately we have victory. You must overcome all things that try to assail you through constant self-effort with great vigour and force. It may indicate that each moment, each day, you must constantly defeat all undivine forces that try to overcome you upon the mental plane of emotions, sentiments, moods, or upon the outer plane through the senses. There should be a constant overcoming of that which is trying to restrain you from moving towards the great goal.

If thus, from the moment of wakefulness, we are constantly alert and prepared, well-equipped and armed to overcome all contrary forces that come in our way, then by the end of the day, our continuous overcomings will make it possible for us to rejoice, to celebrate the day as really fruitful one. Each day you live, celebrate victory before you go to sleep at night. "Today has been a day well lived. Today has been a day of great gain upon the spiritual path, a day of advancement towards the great Goal."

It is very easy to take the pleasant path, that which is pleasurable, attractive and nice. A few souls alone make up their mind: "No, this is not the path for me. Therein does not lie my supreme good. I should choose the path that takes me upward towards sublime heights. The path of welfare is good for me. That path alone I shall choose, I shall constantly keep on it, never forget it even for one split second.

Ours is not the path of victory at the end; ours is the path of constant overcoming, every moment, at each step. That is what makes for a real spiritual life, for a life of yoga. That is what makes for true sadhana – a constant overcoming, which presupposes that there is a constant desire never to accept defeat. If that desire, that great urge from within is there, then alone overcoming will be possible. If this urge, real determination, a fiery resolve is there, each moment, each day will be a constant overcoming. That is what makes you a true yogi, a sadhaka, a true devotee. A devotee of God is not a weakling. A devotee of God is terribly strong, gathering up his own forces while invoking the invincible strength and power of his beloved Bhagavan. That is spiritual life.

May God Bless You All!

■ *Swami Chidananda*

"Purify conduct and character through self-restraint, chastity, purity of feelings for all people and over-all control of the base aspects of your being."

■ *Swami Sivananda*