



The Inner Battle

Worshipful homage to the Supreme Reality that is absolute and impersonal, as well as manifest and personal. Loving adorations to revered and beloved Holy Master Gurudev Swami Sivanandaji Maharaj, who was a living embodiment of manifest Divinity and Divine grace. Divine Grace manifests through such beings from time to time and their advent becomes a means of liberation from sorrow, pain, suffering and bondage for numerous sincere struggling souls. Upon the cosmic scale, when the world is in travail, when humanity is afflicted by the evil and wickedness and when all look up and appeal to the Supreme, a special manifestation of grace comes in the form of the advent of an incarnation of Divinity, to manifest protecting, rescuing grace in this human world. They say that man's extremity is God's opportunity. One such manifestation took in the form of Lord Kartikeya, the divine offspring of Lord Siva.

There exists both forces of darkness as well as forces of light, forces of positivity as well as negativity, creative as well as destructive, divine as well as demonical. A confrontation and conflict between these forces take place continuously within the field of human nature.

One of the dimensions of sadhana is the awareness of such a situation and in equipping oneself with such spiritual qualities and resources that will resolve this conflict by the overcoming of the negative by the positive, the victory of the divine over the demonical, bringing into being such an evolved nature where the spiritual quality dominates. Therefore, it is stated: "Man has to be one's own saviour." "*Uddharedaatmanaatmaanam* – You have to uplift yourself by your own self." [Gita 6.5] Lord Buddha says, "Victory over oneself is the greatest victory".

The great force in the individualised aspect in *jivatma* is located in the side corresponding to the base of the spinal column in the physical body. That great power is in our inner subtle astral body, but it manifests itself in and through all aspects of the life principle in us. Within the normal human nature, the energy potential is in the form of the driving force of desire. It can be positive or negative. The refinement and the transformation of one's great energy potential and imparting to it an upward, Godward direction in a dynamic and purposeful manner constitute sadhana. Nobody can deprive us of what is our birthright – in this vey life, right now, at this moment.

May God Bless You All!

■ Swami Chidananda