



The Ingredients Of Sadhana - 1

When the forces of the celestials were unable to overcome the dark and gross forces of the demoniacal hosts, they appealed God to grant them a commander so that they might triumph over the forces of darkness. The battle represents the eternal struggle within the field of consciousness of each individual psyche, pull between light and darkness, between the Spirit and the inexplicable great power Maya.

Kartikeya has as His banner the emblem of a cock that crows in the morning waking you up from the deep slumber of the night's darkness and calling you towards the dawn that is about to break. "*Uttisthata Jagrata Prapya Varannibodhata* – Arise, awake and gather all forces together by patient and diligent effort, gather together the scattered rays of your entire personality – your physical activity, sentiments, attachments, affections, emotions, love – and let them become concentrated towards one goal, the supreme Experience of Realisation.

Ekagrata (one-pointedness) is the hallmark of the true seeker, the unification of your entire being and directing it towards the Supreme Reality. It is the gathering together of your entire personality potential, of the scattered rays of the mind, withdrawing it from all the things that keep on distracting. It is gathering the mind together by patient discipline, by continued unremitting effort and by taking keen interest in the process with great enthusiasm, patience and diligence.

It takes long time, for it is the reversal of your nature. It is a renewal of your entire consciousness. It is a rebirth in purity and a spiritual awareness of your entire linkage with the cosmic Spirit Divine. It is a total unification of your entire being into one single point and directing it towards the great Goal. Kartikeya is wielder of a single, sharp one-pointed spear, indicating to us: 'Come, be united in toto through *abhyasa* by patience and diligence. Never allow the mind to become dispersed towards sense objects of temporary appearance of the universe, which is a long dream. Support your *abhyasa* with *vairagya* and *samyama*. Make *samyama* the foundation stone to build up the structure of Yoga. Make your life a grand and glorious edifice, whose pinnacle point is the Supreme Reality. Kartikeya stands for wakefulness and unification, alertness and vigilance. These are the essential ingredients of a successful sadhaka, of a victorious spiritual life. May Lord Kartikeya bless you the success!

May God Bless You All!

■ *Swami Chidananda*