



The Ingredients Of Sadhana - 2

The Lord Kartikeya by His presence as commander-in-chief of the celestial army ensures the victory of the celestials in the battle against all the forces of darkness, negativity and undivine factors. We have the triune factors of a *tamasic* animal nature, a *rajasic* human nature and a *sattvic* divine nature. God is referred to as *shuddha sattva* (untainted purity). The *tamasic* and the *sattvic* are ever engaged in wishing to get control and establish their dominion, hegemony, upon the interim field of *rajasic*, the amoral, the neutral aspect of our nature. While *sattva*, with the help of *rajas*, helps us to move upwards towards perfection, *tamas* pulls us downwards towards degradation.

The Divine is at the centre of your being. The jivatma surrounds it with sentiments, moods, emotions, desires, fantasies, imaginations, memories, strong likes and dislikes, and the six enemies of man – desire, anger, greed, delusion, pride, jealousy. It is a war between the flesh and Spirit. But we have to struggle; we have to put forth effort and then only appeal. *Purushartha* or self-effort is the keynote of Divine grace. Sincere, earnest, self-effort throws the doorway wide open for the entry of the grace. Be up and doing. Ceaselessly strive to attain mastery over your lower nature. This struggle is unceasing. This effort must be continuous, unbroken and ongoing.

Peacock is the vehicle of Lord Kartikeya. It grasps the snake in its talon like heavy claws. The helpless snake is totally over powered and kept under control. This is the classical symbol of self-mastery. Says, The Gita wisdom teachings open with the bold declaration of the deathlessness of the *Atman*. And in another place it says, “Lust, anger and greed are the slayers of the Spirit”. Yes, these can destroy your spirituality. Therefore, be aware! Master them with the help of the Divine Commander. Follow the dictates of the Divine. Do not listen to the lower mind. And in this all-out effort, be ever vigilant, ever awake.

The symbol of the cock upon His banner heralds the advent of a bright day, where there is no darkness, no more slumber of ignorance. These three factors – the peacock, the spear and the cock – symbolise the essentials of the life spiritual, the indispensable ingredients of *sadhana*, of *sakshatkara*, the sure guarantee of your victory in our quest of our birthright of Divine perfection, Bliss and Liberation. May you make your inner life a triumphant march! May you also be the power that leads the inner battle we are engaged in, to overcome all that may be contrary to our essential Divinity.

May God Bless You All!

■ Swami Chidananda