

Success

Mira Mehta

NEVER SAY DIE

Sometimes Wisdom for the way ahead
Needs a lamp to see by
And a stick to lean on
To help it find its path,
Lest it falter, not through fear,
But from a taxed, taxed dry endurance,
At the stark straitness of the pass.

Let it remember then
A mother's loving arms and care
And endlessly supporting strength.

Success in any endeavour may be due to many factors, luck and talent among them, but surely one of the most important is perseverance in the face of obstacles.

Yoga philosophy speaks of two cardinal qualities necessary for succeeding: persistence in practice and dispassion.¹ The former refers to making repeated, vigorous efforts towards the goal. In this way, over time, steadiness is achieved.²

The latter refers to being unmoved by the desire to gain benefits.³ A detached stand allows one to continue making efforts without being disheartened, and prevents pride through which all can be lost. Such an attitude makes one master of one's exertions rather than the victim of circumstance.

These qualities are essential for achieving the aim of Yoga, control of the mind, if success is to be sustained and not ephemeral.

¹ Yoga Sutra 1.12

² Yoga Sutra & Commentary 1.13-14

³ Yoga Sutra & Commentary 1.15

The poem is taken from Mira Mehta's book *Cascade of Stars*, published by Shephard-Walwyn (www.shephard-walwyn.co.uk). For information about her classes and other publications visit www.yogicpath.com.