

A GREAT CHAMPION

A great champion is he who wins all the races.

A great champion is he who participates in all the races.

A great champion is he who does not care for the results of the races—whether he is first or last or in between. He races just to get joy and give joy to the observers.

A great champion is he who transcends his own previous records.

A great champion is he who maintains his standard.

A great champion is he who remains happy even when he cannot maintain his standard.

A great champion is he who has established his inseparable oneness with the winner and the loser alike.

A great champion is he who, owing to the advancement of years, retires from racing or terminates his career happily and cheerfully.

A great champion is he who longs to see the fulfilment of his dreams—if not through himself, then in and through others. It does not even have to be in and through his own dear ones; it can be in and through any human being on earth. If someone who could not manifest his own dreams is extremely happy when he sees his vision being

By SRI CHINMOY -
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manifested into reality through somebody else, then he is a really great champion.

A great champion is he who meditates on his Inner Pilot for the fulfilment of His Will before the race, during the race and after the race.

A great champion is he who sees and feels that he is a mere instrument of his Inner Pilot and that his Inner Pilot is racing in and through him, according to his own capacity of receptivity.

A champion of champions is he whose inner life has become the Vision of his Absolute Supreme and whose outer life has become the perfection-channel of his Beloved Supreme.

Experience is the pioneer-runner of success.
Illumination is the pioneer-runner of progress.

THE LOSER AND THE WINNER

The loser does not want to remember if and when he has blamed others for his own sad losses. The winner wants to know when and where he has deeply appreciated his well-wishers.

The loser wants to hear only his own opinion of himself. The winner wants to hear others' opinions of him.

The loser secretly admires and openly hates the winner. The winner openly encourages and secretly belittles the loser.

The loser breathlessly desires admiration. The winner sleeplessly desires satisfaction.

The loser is hesitation-mind. The winner is determination-soul.

The loser professes his future perfection. The winner confesses his present limitation.

The loser cries for celestial Bliss but is willing to be satisfied with the terrestrial joy. The winner cries for the celestial Bliss, and nothing else will ever satisfy his sleepless hunger.

The loser thinks that victory is something amazingly great. The winner knows that victory is wanting in permanent satisfaction.

The loser thinks that his fate is unchangeable. The winner knows that he is his own fate-maker.

The loser thinks that he has to bravely face world injustice, his enemy number one. The winner knows that he has to sleeplessly love determination, his friend number one.

The loser thinks that he deserves genuine appreciation from the winner. The winner also realises that only if somebody else loses can he become the winner.

The loser has a deathless hunger for appreciation-ocean but shamelessly fails to acknowledge its limitations. The winner is fond of world appreciation but is painfully conscious of its limitations.

The loser is ready to kill himself. The winner is eager to better himself.

The loser thinks that merit can be discarded. The winner knows that merit has to be rewarded.

The loser knows what to say. The winner knows what to do and also how to do.

The loser tells the world that shameless partiality is the order of the day. The winner tells the world that blameless impartiality is the order of the day.

The loser loves the ecstasy of success. The winner enjoys the confidence of success.

The loser becomes a mad elephant after his defeat. The winner remains a swift deer after his victory.

The loser thinks that he has lost the most perfect world. The winner thinks that there can be an infinitely better world.

The loser wants to become great by dint of his exasperation. The winner wants to become perfect by virtue of his dedication.

The loser thinks that the entire world is ruthlessly against him. The winner feels that the entire world is for him.

Sound teaches the loser the art of endless talking. Silence teaches the winner the art of growing peace.

The loser, at the end of his journey's close, unwillingly dies. The winner, at the end of his journey's close, smilingly embraces death.

The loser is confusion-frustration. The winner is concentration-penetration.

The loser feels that God is NOT Compassion-Light. The winner knows that God IS Justice-Light.

Beyond the shadow of a doubt, I shall win God's smiling Face. Beyond the shadow of a doubt, I shall run with God in His earth-transforming Race.

TENNIS GAME

Words and music
by Sri Chinmoy

(♩ = 80) Fast fine

Ten - nis, ten - nis, ten - nis game, _____

I _____ play it not _____ for _____ name and fame.

Ten - nis, ten - nis, ten - nis game, _____

I _____ play, _____ my _____

mon - key - life to _____ tame. _____

Ten - nis, ten - nis, ten - nis game, _____

I _____ play _____ to feed my

climb - - ing flame. _____

*Sing once with repeats,
once without repeats,
then D.C. al fine.*

Tennis, tennis, tennis game,
I play it not for name and fame.
Tennis, tennis, tennis game,
I play, my monkey-life to tame.
Tennis, tennis, tennis game,
I play to feed my climbing flame.

When he succeeds, the seeker-runner gets a new name: glorification. When he proceeds, the seeker-runner gets a new name: illumination.

The seeker-runner's glorification is a beautiful flower that charms and inspires his entire life. The seeker-runner's illumination is a fruitful tree that shelters and nourishes his entire earthly existence.

The outer running is a colossal satisfaction, although at times it may be quite oblivious to the existence-reality of a quiet perfection. The inner running is a perpetual satisfaction in and through a blossoming perfection.

The seeker-runner has a shadowless dream of his full realisation-day in his outer running. The seeker-runner has a sleepless vision of his God's full Manifestation-Hour in his inner running.

The outer runner challenges the Himalayan pride of impossibility. The inner runner smilingly arranges a feast not only with impossibility but also with Immortality.

The outer runner runs through the golden gate and arrives at the sound-kingdom. The inner runner enters into the unique palace, runs up to its highest floor and places himself at the very Feet of the Silence-King.

Finally, the seeker-runner's outer running says to his inner running, "Look, I am giving you what I now have: my majesty's crown." The seeker-runner's inner running says to his outer running, "Look, I am giving you what I now am: my beauty's throne."

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I LOVE MY GREAT TRIATHLON

Words and music
by Sri Chinmoy

(♩ = 72) Moderate

fine

I love my great tri - a - thl - on.

It shows my heart the God - Vi - sion - Dawn.

I swim in the sea of sil - ver light,

I cy - cle a - long the

road of gold de - light, -light,

I run with the

smile of the Be - yond.

My in - ner cry: God - Trea - sure

- Dia - mond!

D.C. al fine with repeat

I love my great triathlon.
It shows my heart the God-Vision-Dawn.
I swim in the sea of silver light,
I cycle along the road of gold delight,
I run with the smile of the Beyond.
My inner cry: God-Treasure-Diamond!

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Words and music
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(♩ = 80) Fast

fine

Ten - nis, ten - nis, ten - nis game,

I play it not for name and fame.

Ten - nis, ten - nis, ten - nis game,

I play, my

mon - key - life to tame.

Ten - nis, ten - nis, ten - nis game,

I play to feed my

climb - ing flame.

Sing once with repeats,
once without repeats,
then D.C. al fine.

Tennis, tennis, tennis game,
I play it not for name and fame.
Tennis, tennis, tennis game,
I play, my monkey-life to tame.
Tennis, tennis, tennis game,
I play to feed my climbing flame.