

# The Inner Conflict



## *The Inner Conflict*

**Sloka 1:1** — Dhritarashtra posed this question to Sanjaya: On the battlefield of Kurukshetra, where my sons and those of Pandu were ranged against one another, eager for battle, what was the outcome?

**Explanation:** The battle of Kurukshetra is an allegory concerning the battle between our negative tendencies, represented by the Kauravas, and our positive tendencies, represented by the Pandavas. We each must fight this battle in order to regain our natural kingdom of peace, harmony, and happiness.

## *Affirmation*

“My inner strength arises to overcome my limitations. With determination I conquer my weaknesses to live in my highest potential.”



## *Technique*

**Pranayama:** Alternate breathing, regular breathing, diaphragmatic breathing

**Goal:** To quiet the breath, which stills the mind and enables us to face life's challenges calmly

# Our Inner Conflict

Two sides are allegorical characters representing our mind. The parents represent the basic orientation of the consciousness, whether spiritual or materialistic.

## Spiritual Nature

Pandu – pure discriminating intelligence

Kunti – power of dispassion, renunciation,

Madri – attachment to dispassion

## Materialistic Nature

Dhritarashtra—blind mind

Gandhari, his wife —power of attachment

# The Main Players in the War

Spiritual Side -- Pandavas	Materialistic Side -- Kauravas
<p>Krishna (now Babaji) – Born to cleanse the world/inner kingdom of evil</p> <p>Yudhishthira – Pratyahara, calmness in conflict</p> <p>Bhima—Pranayama, power of vitality</p> <p>Arjuna—Asana, Fiery self-control</p> <p>Nakula—Niyama, Power to obey good</p> <p>Sahadev—Yama, power to avoid evil</p> <p>Draupadi – Kundalini power (married to all five brothers)</p>	<p>Duryodhana—King Material Desire</p> <p>99 brothers—Infinite number of materialistic desires and tendencies:</p> <p>Bhishma—Ego</p> <p>Dronacharya—Guide of tendencies, habit,</p> <p>Karna—Attachment to worldly happiness; also greed</p>

# Tools for the Inner Conflict

## **Affirmation**

“My inner strength arises to overcome my limitations. With determination I conquer my weaknesses to live in my highest potential.”

## **Technique—Pranayama**

Alternate breathing, Regular breathing, Diaphragmatic breathing

Goal: To quiet the breath, which stills the mind and enables us to face life’s challenges calmly.

*At the end of the war, Bhima (pranayama) finally kills Duryodhana (King Material Desire)*

Let's do the affirmation together:

“My inner strength arises to overcome my limitations. With determination I conquer my weaknesses to live in my highest potential.”

# The Imperishable Soul



## *The Imperishable Soul*

**Sloka 2:13** As the ego keeps the thread of self-awareness unbroken through infancy, childhood, youth, and old age, so also the embodied soul maintains its awareness uninterrupted, not only through the stages of earth life, but through the appearance of successive bodies.

**Explanation:** The soul (a spark of the eternal consciousness of the Creator) reincarnates repeatedly, taking on an ego, or particular body and personality, for each incarnation. The essence of the Gita is Krishna instructing Arjuna on how to move from limited ego-consciousness to soul-consciousness.

## *Affirmation*

“Renouncing my little, egoic self, I expand with my great, soul-Self everywhere!”



## *Technique*

**Energization Exercise:** Twenty-Part Body Recharging

**Goal:** To feel one’s self as limitless energy, not only a physical body

# The Imperishable Soul

The Gita is true on many levels: spiritual, practical, and allegorical.

When Krishna tell Arjuna to fight, he assures him that even if he kills his relatives, they do not die. The soul lives on and reincarnates.

Allegorically Krishna is also saying that when we kill a materialistic tendency, the energy doesn't cease to exist, but is transmuted into a spiritual quality.

# The Three Main Branches of Vedic Philosophy

Shankhya: Why We Need to Fight the Battle

Vedanta: What Are We Fighting For

Yoga: How Do We Fight

# Tools for Realizing the Imperishable Soul

## **Affirmation**

“Renouncing my little, egoic self, I expand with my great soul-Self everywhere!”

## **Technique—Simple Energization Exercise**

Twenty-part Body recharging

Goal: To feel oneself as limitless energy, not only a physical body.

Let's do the affirmation together:

“Renouncing my little, egoic self, I expand with my great soul-Self everywhere!”

# Self-Offering



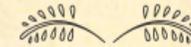
## *Self-Offering*

**Sloka — 4:23, 24** All the effects of karma are nullified, and one achieves liberation, when ego-attachment ceases, when one becomes centered in wisdom, and when all one's actions are offered up to the Infinite. For such a person, the act of self-offering and the offering itself are, equally, aspects of the one Spirit.

**Explanation:** In order to move from ego-consciousness (the limited realm that is perceivable by our senses) to soul-consciousness (our eternal Self), we must be willing to offer up the desires and attachments that enmesh us.

## *Affirmation*

“Joyfully I offer up my little self with all its attachments into the fire of wisdom. Thus will I find my higher Self, and live in inner freedom.”



## *Technique*

At night before sleep, make a mental bonfire and cast into its flames all attachments and desires. Go to sleep having freed your mind from all tendencies that limit you.

**Goal:** To release attachments and limitations, and expand self-awareness.

# Why Self-Offering?

As we begin to realize our true soul nature, we feel our oneness with a greater reality.

This feeling of oneness draws us to seek the source of consciousness of which we are a part.

By offering the little self into the Greater Self, we realize our own highest potential—our eternal, blissful nature.

# Types of Self-Offering for Inner Growth

## Physical:

- 1) Service to Others
- 2) Feel God's energy flowing through you into your activities
- 3) See God as the Doer

## Mental:

- 1) Ask "Who Am I?" and try to become silent observer
- 2) Live in "Watchful State"
- 3) Offer thoughts and opinions to wise for clarification

# More Types of Self-Offering

## Feeling Nature:

- 1) Overcoming Likes and Dislikes
- 2) Being even-minded and cheerful in all circumstances
- 3) Being a channel for positive energy to all

## Soul:

- 1) Surrender of self-will to the wise, to the guru
- 2) Receiving and following Their guidance

# Tools for Self-Offering

## **Affirmation**

“Joyfully I offer up my little self with all its attachments into the fire of wisdom. Thus will I find my higher Self, and live in inner freedom.”

## **Technique—Visualization**

At night before sleep, make a mental bonfire and cast into its flames all attachments and desires. Go to sleep having freed your mind from all tendencies that limit you.

Goal: To release attachments and limitations, and expand self-awareness.

Let's do the affirmation together:

“Joyfully I offer up my little self with all its attachments into the fire of wisdom. Thus will I find my higher Self, and live in inner freedom.”

# Today's Homework Assignment

In your packet you have two sheets, one showing positive qualities and the other negative qualities. Look through these and use the rating system to help introspect and analyze your strengths and weakness.

The sheets are only the starting point. By the end of the week, we will ask you to develop a strategy and plan for how to make the changes you want. Knowing your strengths and weaknesses will bring this process into sharper focus.