

The Inner Battle—Analyzing your Tendencies

This assignment is for your own personal use and needn't be shared. The more clearly and honestly you can introspect about the kingdom of your mind, the more you will be able to see what battles you need to fight, and how to fight them.

Start the exercise by using this chart to rate the strength of your various tendencies as represented by the warriors on both sides, positive and negative. After you've finished, write down and meditate on other traits, good and bad, that influence your behavior.

Rate your traits on a five-point scale by circling the appropriate number:

1. Very low 2. Low 3. Moderate 4. High 5. Very high

Positive Habits and Tendencies: The Pandava Warriors

Nakula (Patanjali's *niyamas*, the ability to obey good rules):

Cleanliness

Physical plane, body, and environment	1	2	3	4	5
Verbal plane	1	2	3	4	5
Mental plane	1	2	3	4	5

Contentment

General level	1	2	3	4	5
When stressed	1	2	3	4	5

Austerity

Ability to transcend conditions such as heat, cold	1	2	3	4	5
Indifference to unpleasant conditions or food, etc.	1	2	3	4	5

Self-Study

Introspective regarding behavior	1	2	3	4	5
Regarding your part in conflicts	1	2	3	4	5

Devotion to God and Gurus

Personal surrender of self-will to God	1	2	3	4	5
Openness of heart to divine love	1	2	3	4	5

Arjuna (Asana, Fiery Self-Control)

General level, ability to control words, behavior	1	2	3	4	5
During stress or conflict	1	2	3	4	5
During meditation	1	2	3	4	5
Ability to sit still	1	2	3	4	5
Ability to focus the mind	1	2	3	4	5
Your attachment to worldly happiness*	1	2	3	4	5

*In the Mahabharata, Arjuna defeats Karna—attachment to worldly happiness, greed.

Bhima (Pranayama, Power of Life-Force, Vitality)

General level of energy	1	2	3	4	5
Ability to rise to demands	1	2	3	4	5
Practice of Energization	1	2	3	4	5
Practice of Hong-Sau	1	2	3	4	5
Practice of Kriya	1	2	3	4	5
Strength of your material desires*	1	2	3	4	5

*In the Mahabharata, Bhima defeats vast armies, and especially Duryodhana, King Material Desire.

Yudhisthira (Pratyahara, Calmness)

General level of being centered and calm	1	2	3	4	5
During conflict	1	2	3	4	5
Even-minded and cheerful	1	2	3	4	5
Practice of Hong-Sau	1	2	3	4	5
Practice of Kriya	1	2	3	4	5

Krishna (Deep meditation, Christ consciousness at Spiritual Eye)

General level of your meditations	1	2	3	4	5
Ability to go deep, especially after techniques	1	2	3	4	5
Ability to stay uplifted during the day	1	2	3	4	5
Ability to be a channel of light to others	1	2	3	4	5

Use the rest of this sheet to jot down other thoughts about your positive traits.

Negative Habits and Tendencies: The Kaurava Warriors

Patanjali's *yamas*:

Violence

On physical plane	1	2	3	4	5
Verbal violence, gossiping, saying hurtful things	1	2	3	4	5
Mental violence, thinking hurtful things	1	2	3	4	5

Lying

To others	1	2	3	4	5
To self	1	2	3	4	5

Stealing

Physical objects	1	2	3	4	5
Non-physical, such as praise belonging to others	1	2	3	4	5

Sensuality

On the physical plane	1	2	3	4	5
On mental plane, movies, books, etc.	1	2	3	4	5

Greed

For money	1	2	3	4	5
For possessions	1	2	3	4	5
For food	1	2	3	4	5
Subtle greed (taking all the attention to self, etc.)	1	2	3	4	5

Bhishma (Ego)

How self-involved are you:					
With possessions	1	2	3	4	5
Outward appearance	1	2	3	4	5
Subtle self-involvement, touchiness, etc.	1	2	3	4	5

Dronacharya (Past tendencies, habit)

How strong are your negative habits?	1	2	3	4	5
How strong are your positive habits?	1	2	3	4	5
Practice of habits that improve yourself	1	2	3	4	5
Ability to form new resolutions and habits	1	2	3	4	5

Duryodhana (King Material Desire)

How strong are your desires in general?	1	2	3	4	5
Towards people, relationships?	1	2	3	4	5
For money and material possessions?	1	2	3	4	5
Towards position and admiration from others?	1	2	3	4	5

Karna (Attachment to worldly happiness, greed)

How strong are your <i>attachments</i> in general?	1	2	3	4	5
To people?	1	2	3	4	5
To money?	1	2	3	4	5
To possessions?	1	2	3	4	5

99 Brothers, Check other negative traits that influence your life:

Anger	Fear	Anxiety	Doubt	Envy	Jealousy	Pride of Position
Inability to know right from wrong	Addictions	Lack of self-respect	Argumentative			

Use the rest of this sheet to jot down thoughts about negative tendencies that influence your life.