

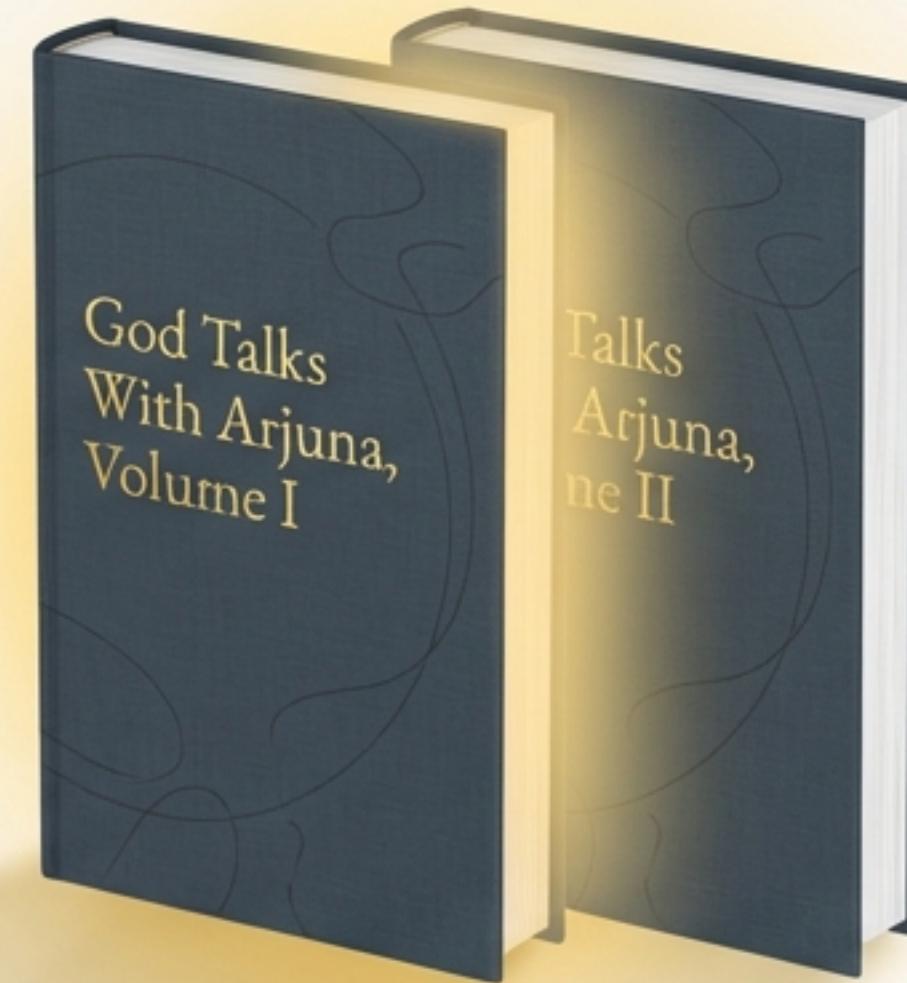


# The Greatest War is Fought Within.

An ancient epic, the Bhagavad Gita, reveals that the battle for your soul is happening every day. This is the story of your inner Kurukshetra.

# A New Revelation of the Gita

For centuries, the Bhagavad Gita has been a source of wisdom. But Paramahansa Yogananda's "God Talks With Arjuna" presents a unique yogic interpretation. He reveals the text not as a historical account, but as a scientific manual for the soul's journey.



“Yogoda Paramgurus bequeathed the world... a new revelation of the Gita, relevant primarily to the science of Yoga and to ‘Kriya Yoga in particular’.”

— Paramahansa Yogananda in Inter



# You Have Lost a Divine Kingdom

In the Mahabharata, the Pandavas lost their kingdom in a game of dice. You, too, have lost your divine kingdom—your birthright of innate love, joy, and wisdom—in the game of delusion. After many incarnations of living like a mortal, subject to suffering and pain, a yearning arises to reclaim what is yours.

# The Battlefield is Your Own Consciousness



Your desire to reclaim your inner kingdom is not enough. Just as the Kauravas occupied the Pandavas' throne, a host of inner enemies prevents you from realising your divine nature. The Kurukshetra you must fight is not in ancient India; it is within you, now.

# Meet the Kauravas: Your Inner Occupying Army

The forces preventing you from reclaiming your kingdom are your own negative habits and tendencies. As long as they rule, you cannot know peace.



**Duryodhana**  
Material Desire



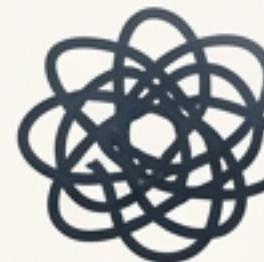
**Duhshasana**  
Anger



**Karna**  
Greed



**Shalya**  
Pride



**Dronacharya**  
Habit (ingrained negative patterns)



**Bhishma**  
The Ego

# Meet the Pandavas: Your Divine Qualities

Fortunately, you are not alone in this fight. You possess inherent divine qualities, the Pandava forces, that are **fighting on your behalf**.



Yudhisthira  
Calmness



Bhima  
Pranayama (Life-force control)



Arjuna  
Self-Control



Nakula & Sahadeva  
Yama-Niyama (Moral principles)



## The First to Fall Must Be the Ego

Bhishma was the most venerable warrior, yet he had to be defeated for the Pandavas to win. Why?

He represented the ego's desire for a false peace—wanting good and evil tendencies to coexist. He knew the Kauravas were wrong, but his attachment prevented him from acting decisively.

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To win your inner kingdom, you cannot compromise with your negative qualities. The ego, which seeks to hold onto both pride and devotion, laziness and discipline, must be subdued first.

# Self-Control is Not Enough. You Need a Guide.

**Arjuna** (Self-Control) could not defeat **Karna** (Greed) on his own. He needed the divine help and strategy of **Krishna** at every turn.

In the same way, your self-control alone cannot conquer your deepest negative tendencies. You need the grace and guidance of a true Guru.



**Key Insight:**  
Your spiritual **Guru** is the **Krishna** for the Kurukshetra waging inside your own being. With his help, you can conquer your lower nature.

# A Transmission from Divine Consciousness

The insights in “God Talks With Arjuna” come from an author in direct communion with the Divine. Monks who were present while Yogananda was writing described the experience:

“There was a look of incalculable remoteness in his eyes and Guruji said to me, ‘The three worlds are floating in me like bubbles.’”

“The vibration in that room was unbelievable. It was like walking into God.”

“I dictate scriptural interpretations... with eyes closed to the world, but open always in heaven.”

As God talked with Arjuna,  
so will He talk with you.

As He lifted up the spirit  
and consciousness of Arjuna,  
so will He uplift you.

As He granted Arjuna  
supreme spiritual vision,  
so will He confer enlightenment on you.

— Paramahansa Yogananda



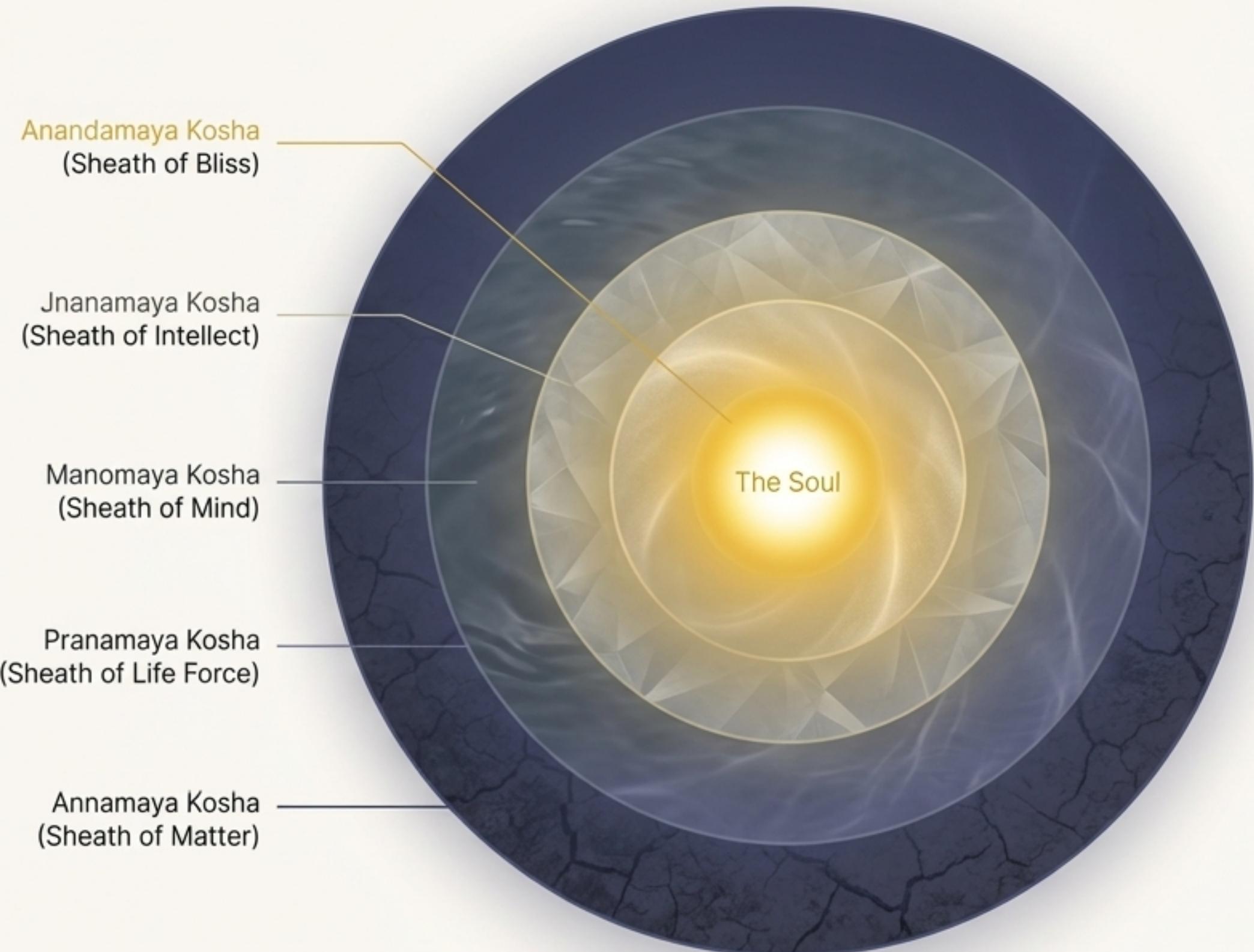
# This is a War You Are Destined to Win

Every person must fight their own battle of Kurukshetra. This is the divine design.

“It is a war not only worth winning, but in the **divine** order of the universe and of the eternal relationship between the soul and God, a war that sooner or later **must be won.**”

# Unveiling the Soul: The Five Sheaths of Consciousness

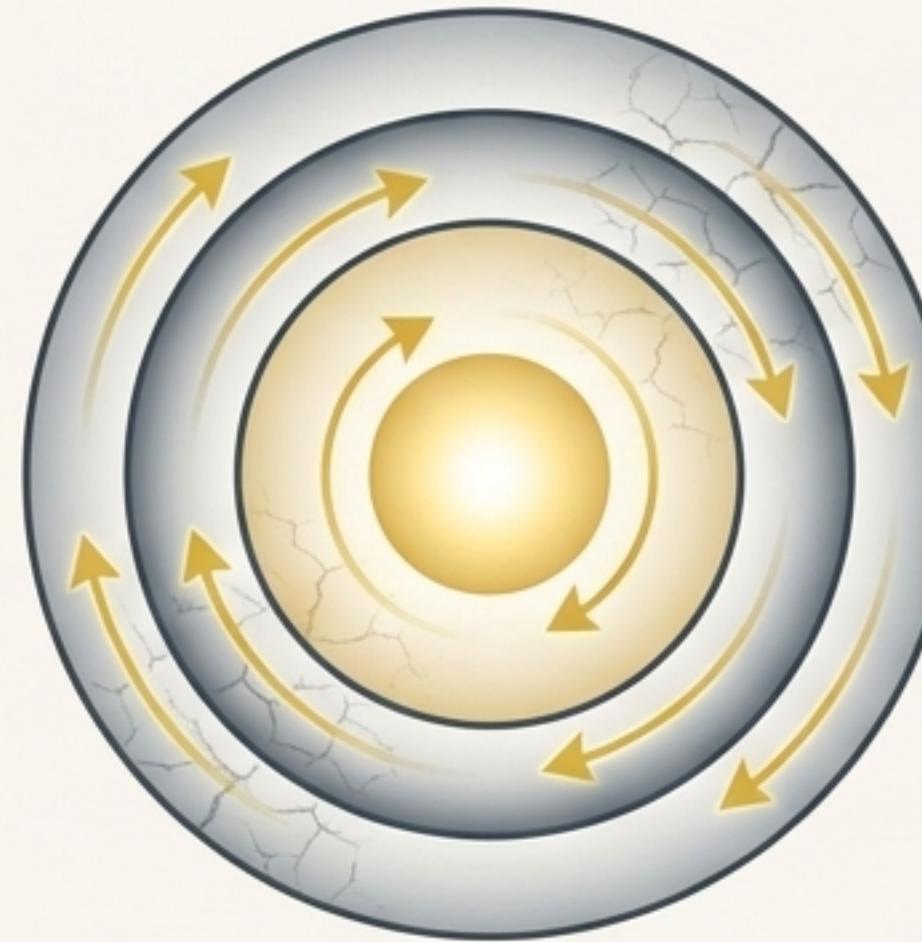
Your divine soul is covered by layers of ignorance, like sheaths. The soul's journey through evolution is a process of removing these sheaths, or *koshas*.



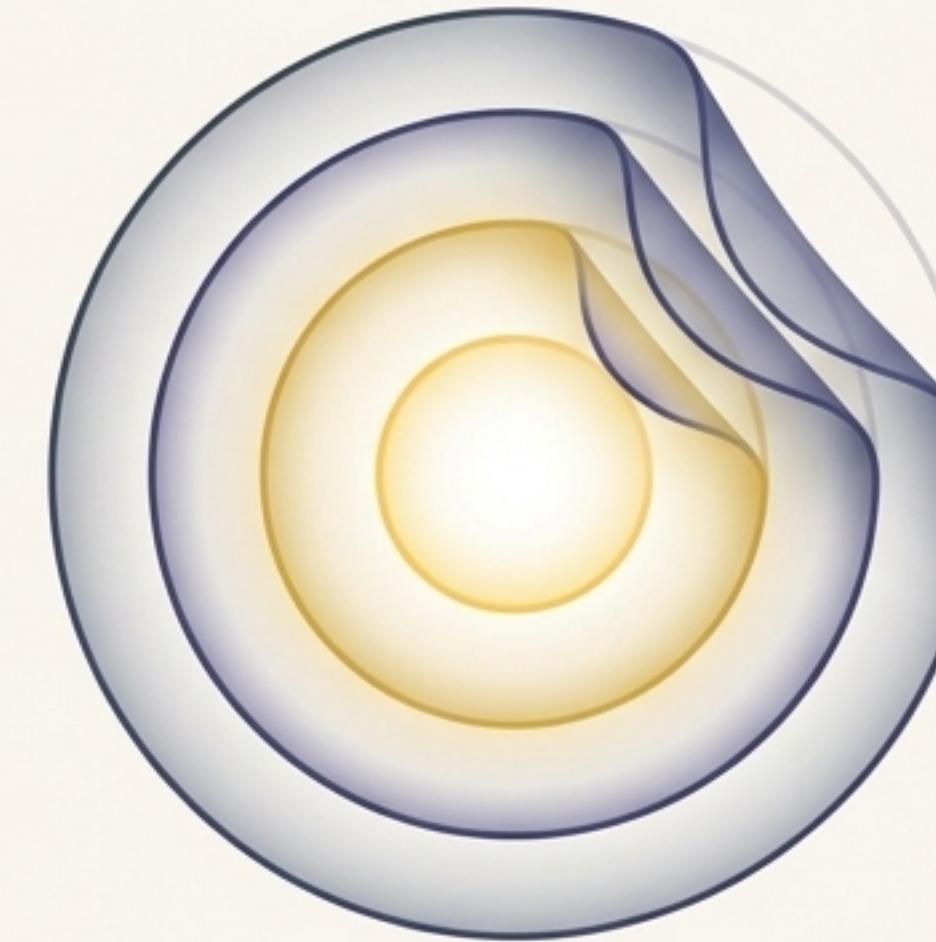
# Meditation: The Science of Removing the Veils

Meditation is the most effective method for sheath removal. The correct practice of yoga, particularly pranayama (life-force control), gives you direct mastery over these inner layers.

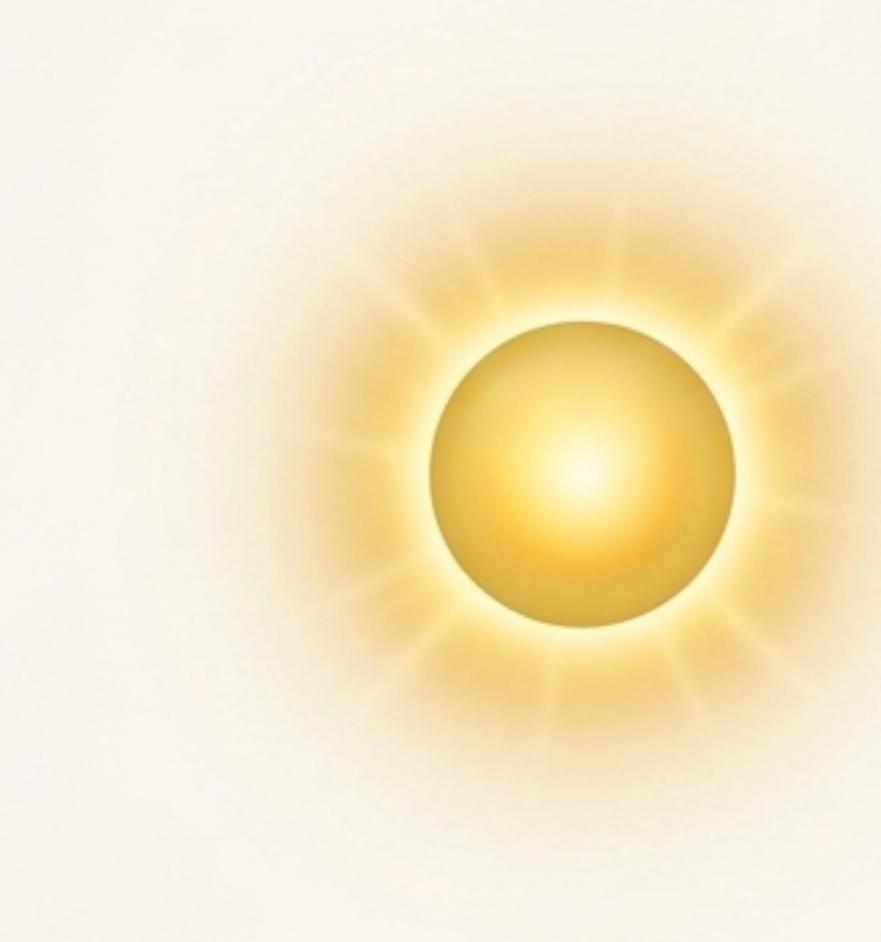
Pranayama



Discrimination & Right Action



Result



**Pranayama:** Reverses the flow of life energy from the senses to the spine. This subdues the senses and allows you to unveil the Pranamaya (Life Force) and Manomaya (Mind) sheaths.

**Discrimination & Right Action:** The cultivation of wisdom in daily life allows you to roll back the Jnanamaya (Intellect) sheath.

**Result:** As each sheath is removed, you reveal the Anandamaya (Bliss) sheath, and ultimately, the soul itself.

# How to Win Today's Battle

An engineer built a perfect car that was two inches too tall to exit the workshop. Breaking the doorframe or denting the car were poor solutions.

A watchman offered a simple idea: release some air from the tyres.



## The Lesson

To navigate your life smoothly, you don't always need a dramatic fight. Sometimes, you just need to release the hot air of your own ego, pride, and anger. Your path will clear immediately.



# Your Victory is Part of the Cosmic Design

Your negative traits may seem as numerous as the hundred Kauravas, and your good qualities as few as the five Pandavas. But do not despair. The Pandavas won because they represented eternal truths – and had Krishna on their side.

With your sincere effort and the grace of the Guru, your victory in this inner war is not just possible—it is inevitable. The question is not *if* you will win, but *when*. Let it be sooner.