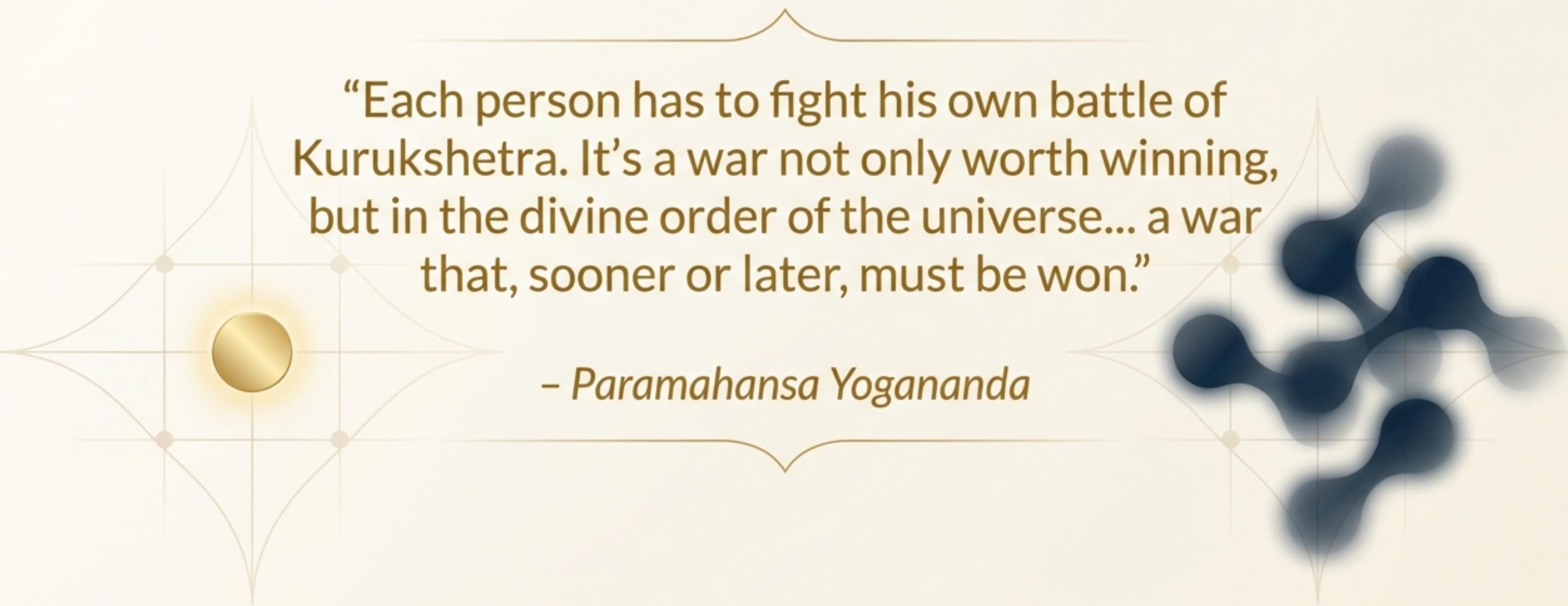


# The War Within: Winning the Battle of Kurukshetra

A Modern Guide to the Bhagavad Gita's Timeless Wisdom  
Through the Eyes of Paramahansa Yogananda.



“Each person has to fight his own battle of Kurukshetra. It’s a war not only worth winning, but in the divine order of the universe... a war that, sooner or later, must be won.”

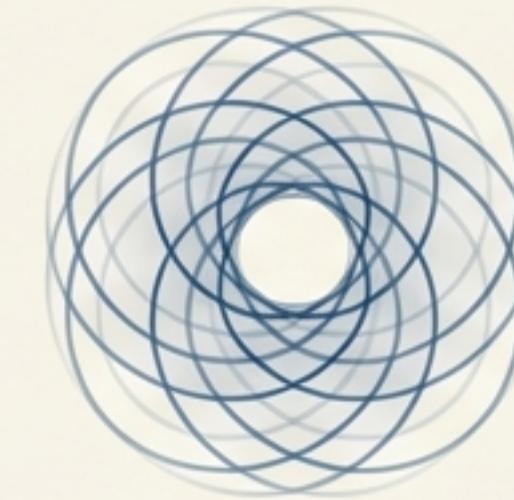
*- Paramahansa Yogananda*

# Your Divine Kingdom Has Been Lost to Delusion



## The Pandavas

Lost their rightful kingdom in a game of dice and were forced into a 13-year exile.



## The Modern Soul

We have lost our inner divine kingdom in the 'game of delusion.' We live in exile as 'mere mortals,' forgetting our divine heritage, not for 13 years, but for many incarnations.

After many hard knocks, we realise our true, blissful kingdom is within.  
But mere asking is not enough. We must fight to reclaim it.

# Meet the Armies on the Battlefield of Your Consciousness

## The Usurpers (The Kauravas)

The negative tendencies denying you your kingdom.



**Duryodhana:** King Material Desire



**Dronacharya:** Past Habit / Samskara



**Bhishma:** Ego (Ahamkara)



**Karna:** Attachment & Greed



**Duhshasana:** Anger



**Shalya:** Pride

## The Rightful Heirs (The Pandavas)

The positive qualities you must rally.



**Arjuna:** Self-Control

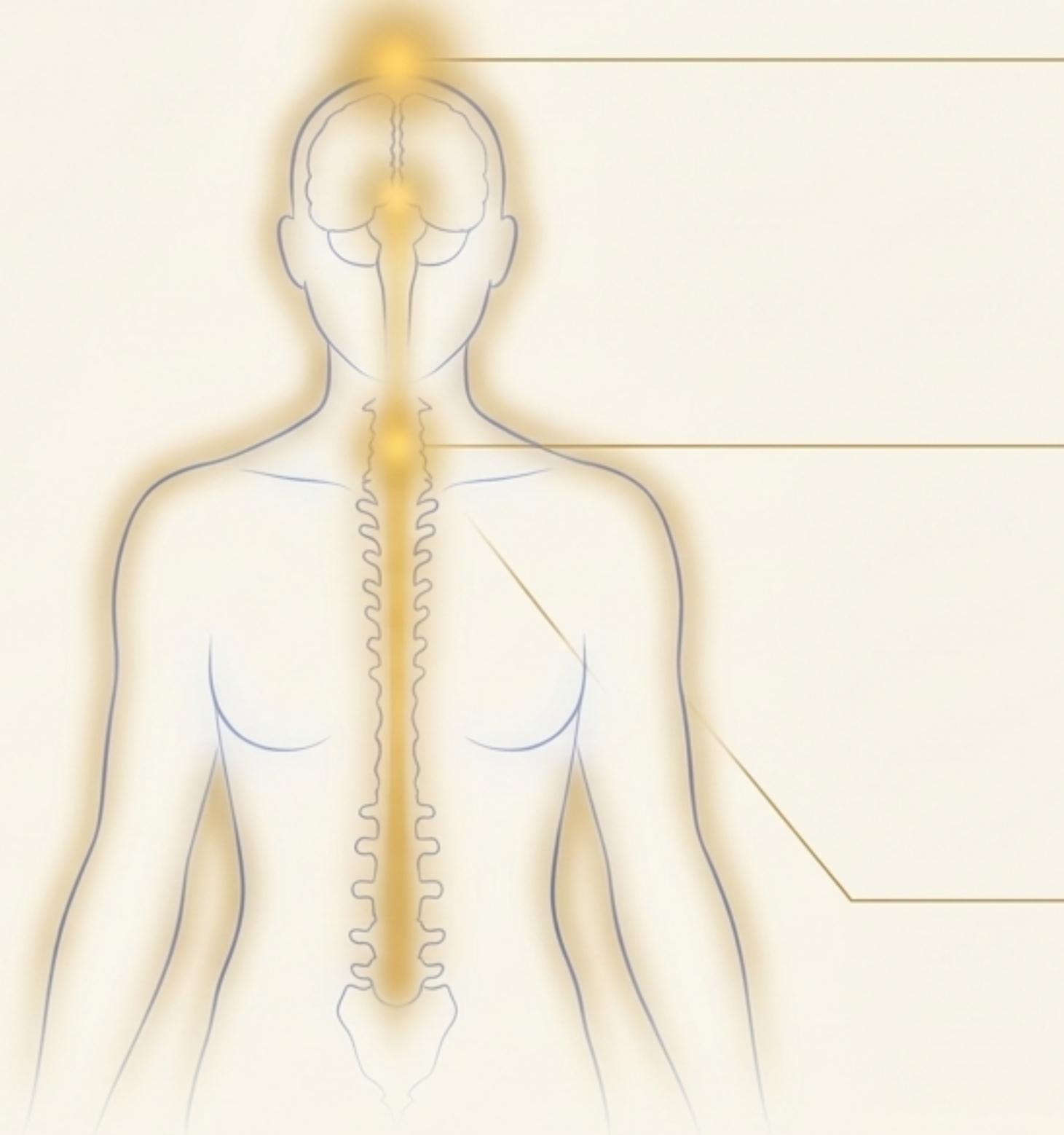


**Bhima:** Pranayama (Life Force Control)



**Nakula & Sahadeva:** Yama-Niyama  
(Moral & Ethical Observances)

# The Three Fronts of the Inner War



## 1. The Sensory Plain (Kurukshestra)

The material and moral struggle of daily life. The battle between right and wrong actions, good and evil, temptation and self-control.

*Level: Physical / Bodily*

## 2. The Cerebrospinal Plain (Dharmakshetra-Kurukshestra)

The psychological war waged in yoga and meditation. The battle between good and bad inclinations (*samskaras*) that reside in the spine and brain.

*Level: Astral / Psychological*

## 3. The Cerebral Plain (Dharmakshetra)

The ultimate spiritual battle against our lower nature to realise our divine soul.

*Level: Causal / Spiritual*

# The Battle Begins: Meditation Sounds the Alarm

## Context (Sloka 2)

King Duryodhana, seeing the Pandava armies arrayed for battle, approaches his preceptor, Drona.

## The Metaphysical Action

When a person begins to meditate, they begin to array their "Pandava" forces (self-control, discrimination, etc.).

## The Enemy's Reaction

King Material Desire (Duryodhana) gets alarmed. He fears being deprived of the pleasures he derives from the senses (sight, taste, touch, etc.).

*But when man starts meditation and gets that joy...  
the King Material Desire in me gets alarmed.*

# Desire's Strategy: Weaponising Your Past Habits

Alarmed, Material Desire (Duryodhana) turns to its most powerful general: Past Habit (Dronacharya).



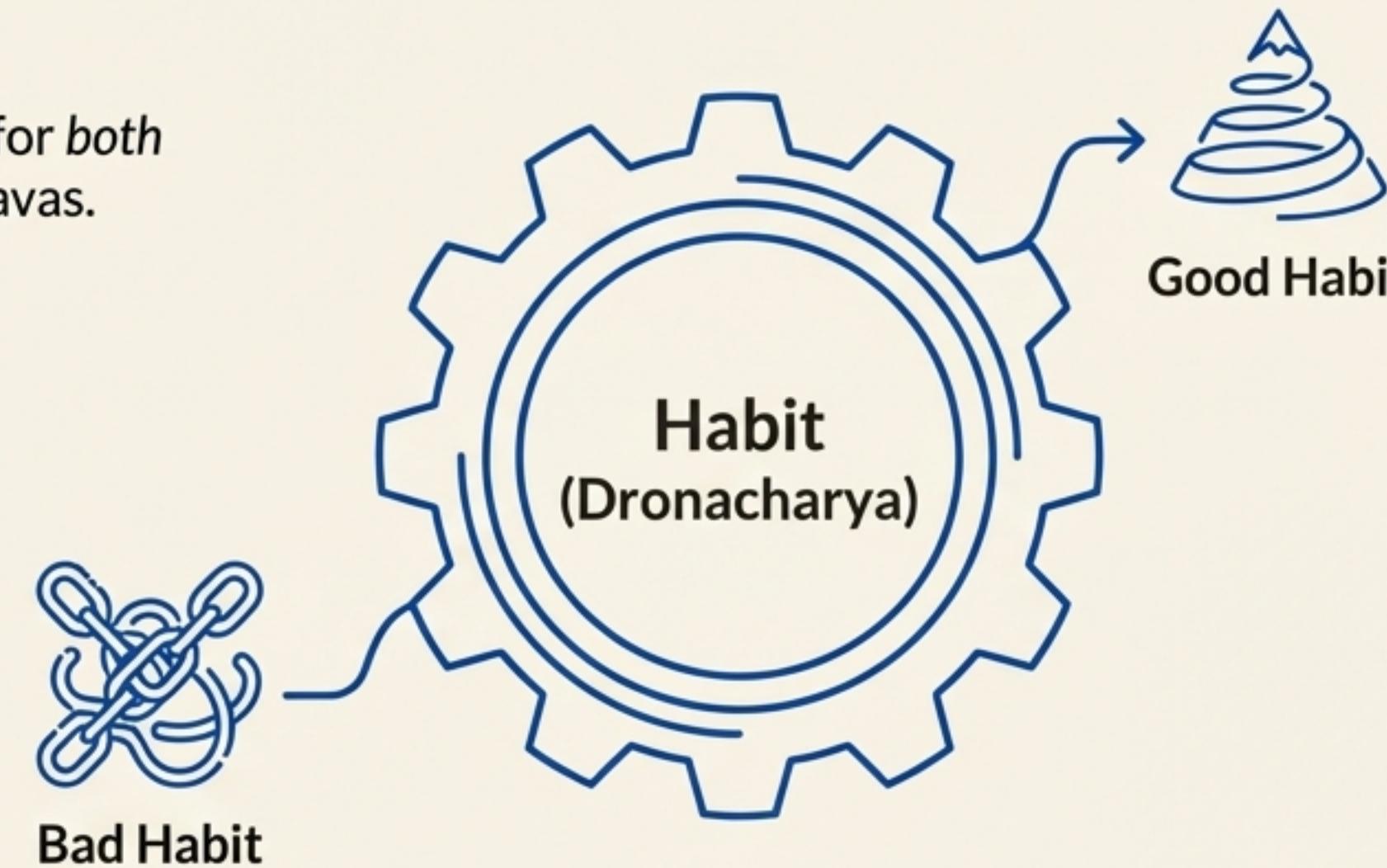
**The Core Conflict:** Instant gratification from sense pleasures (sleep, TV) competes with the delayed, deeper joy of meditation, which requires effort.

# The Double Agent: Habit Can Be Your Greatest Ally

## A Key Insight

Dronacharya was the guru for both the Kauravas and the Pandavas.

Habit can be good or bad.



## The Secret Allegiance

*'In his heart of hearts, [Drona] wanted victory for Pandavas.'*

Deep down, our own nature wants to align with our soul's goodness.

## The Path to Victory

We must cultivate *good* habits. The same force that creates restlessness can create unwavering discipline. The most important good habit is *regularity in meditation*. This makes Dronacharya fight for you.

# Answering the Soul's War Cry

**Never think whether to meditate or not. Just sit down and meditate.**

We don't question eating or sleeping; meditation should be just as ingrained.

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*If you are not regular at meditation, you will be a beginner even after twenty years.*

- Daya Mata



## The Elephant Analogy

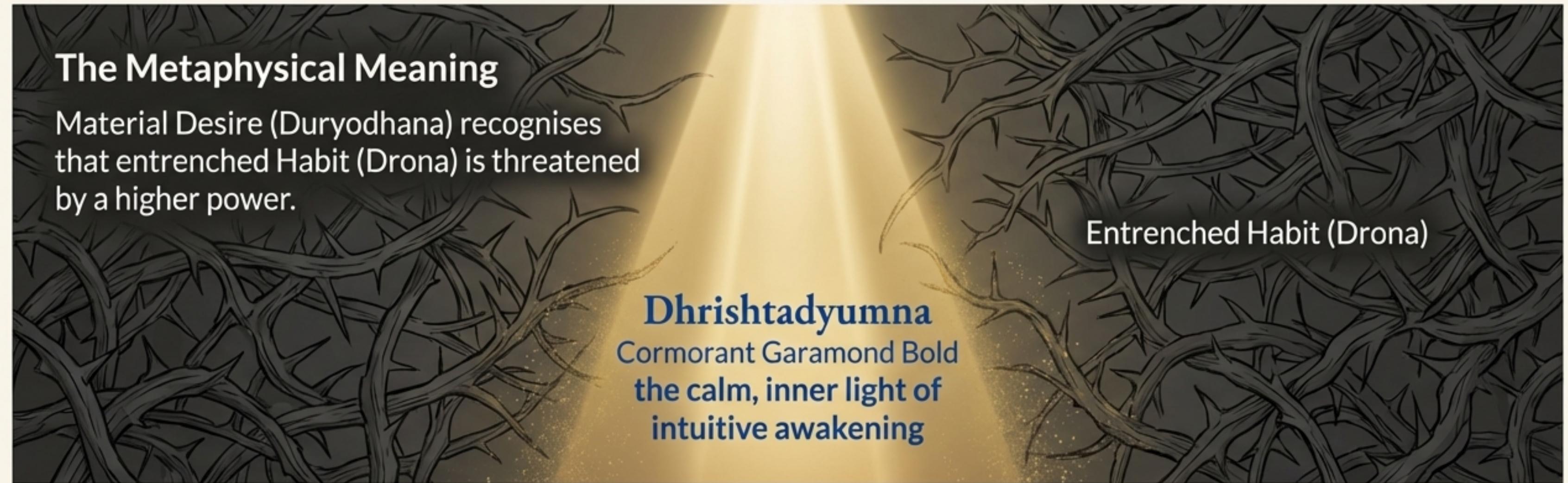
An old war elephant, stuck in mud, was freed only when it heard the beating of war drums, activating its powerful old training.

Let your appointed meditation time be your 'war cry'—the signal that awakens the powerful, positive habit of connecting with the divine.

# Your Ultimate Weapon: The Calm Light of Intuitive Awakening

## Context (Sloka 3)

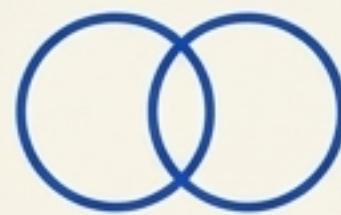
Duryodhana points out to Drona that the Pandava army is commanded by Drona's own disciple, Dhrishtadyumna.



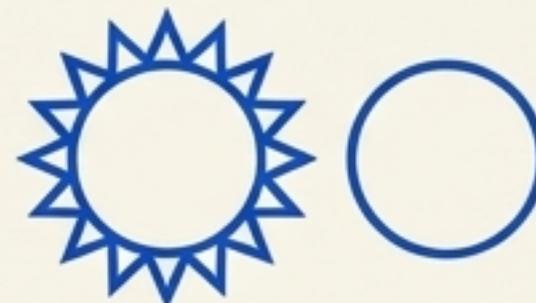
An entrenched bad habit cannot be simply wished away. It can only be truly conquered and removed by this **inner intuitive awakening**, which is born from deep meditation.

# The Allegory of Awakening: How to Defeat Entrenched Habit

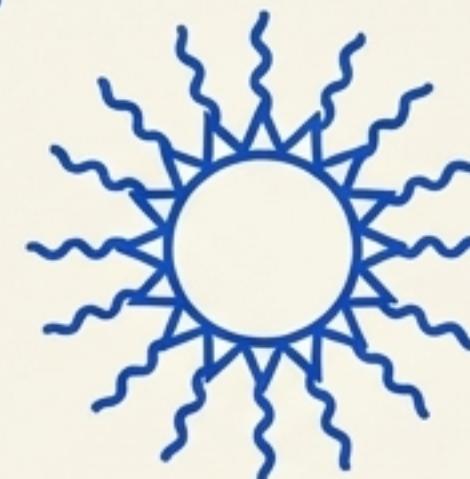
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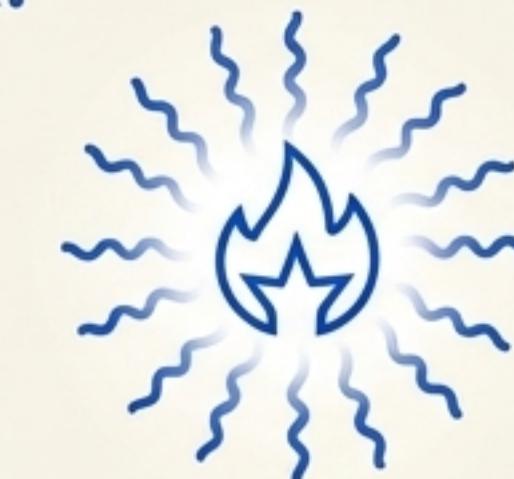
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**Initial Harmony:** Drona (Habit) and King Drupada (Dispassion) were friends. (*Initially, our habits cooperate with our spiritual enthusiasm.*)

**The Betrayal:** Drona humiliated and imprisoned Drupada. (*After a while, our old, bad habits rebel and overpower our spiritual dispassion.*)

**The Response:** Drupada performed intense spiritual practices (tapas) to create a son who could kill Drona.

**The Result:** From the fire of his tapas, Dhrishtadyumna (Intuitive Awakening) was born, destined to kill Drona.

**The Lesson:** "When old habits overpower you, the solution is to engage in resolute, determined meditation (tapas). This practice will give birth to the inner intuitive light powerful enough to conquer any habit."

# Let Go of the Rod and Fly Into Freedom

## The Analogy

A hunter traps a bird on a hinged rod. Flipped upside down, the bird clings to the rod, afraid to let go, thinking it will fall. It forgets it has wings and can fly to safety before it ever hits the ground.

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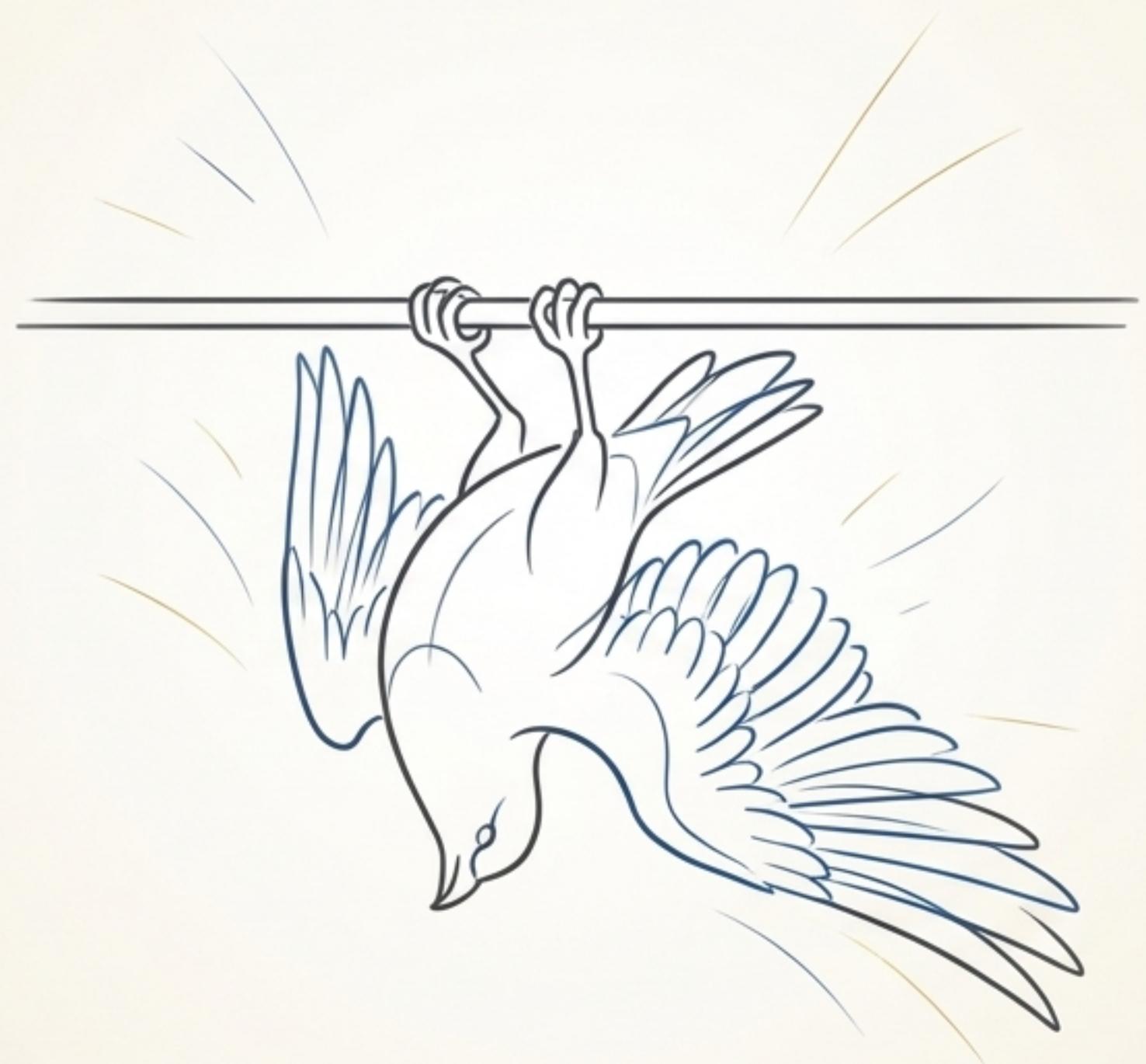
## The Parallel

We are like that bird. We cling to our bad habits, thinking we cannot survive without them. We are afraid to let go.

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## The Solution

The 'calm inner light of intuitive awakening' is what makes us realise we have wings. It gives us the strength and conviction to let go of the habit-rod and fly into the freedom of our divine nature.



# The Divine Promise Is for You

“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.”

Because God has no favourites. If God gave enlightenment to Arjuna,  
He will give to me too, if only I want it, if only I work for it.

The battle of Kurukshetra is not a myth of the past.  
It is the path to your enlightenment, waiting to be won.