

Use the *Bhagavad Gita* to Understand and Change Your Life Story

Worksheet 1: What's In Your Way?

In Chapter 1 of the *Bhagavad Gita*, the warrior Arjuna is on the verge of attaining his lifelong goals when, suddenly, he is gripped by intense fear and decides to give up. Arjuna represents all of us, and his fears are the same ones we feel when what we truly want is finally within our grasp:

- The fear of not being worthy.
- The fear of giving up old relationships or situations to move forward.
- The fear of discomfort – not being able to rely on our same old, comfortable routines.
- The fear of making mistakes in new situations.
- The fear that we will mess everything up and lose all that we have already achieved.

One of the first steps Arjuna takes in his internal battle is to name all of the enemies he faces. When we name something, we gain power over it. Take this opportunity to name the obstacles that stand in your way of achieving what you most want in life.

A list of Arjuna's foes and what they represent are listed below. You will be invited to write down how these universal obstacles manifest specifically in your life. Once you have taken this first step, you will often gain insight into how to proceed on your path.

Bheeshma – the Grandfather – the choices our parents and grandparents made that are still playing out in our lives, inhibiting us from going forward. List the top 2 choices your ancestors made that are affecting your ability to get what you most desire. These choices can include, but are not limited to: where they chose to live, the school they chose to send you to, any debts they have incurred, laws they have broken, etc.

1.

2.

Drona – the Sell-out – the part of us that purposefully made a choice against our deeper nature because it seemed to be the best option at the moment. For example, choosing a career that we thought would provide material comfort vs choosing to do what we loved; being in a relationship with someone because it seemed proper vs choosing a relationship for love; moving to a new location because it would benefit those you love vs moving to a location that would have been best for your needs, etc.

1.

2.

Kripa – the Well-Meaning Teacher – our teachers give us the knowledge we need to face our lives, but often what they teach us is limited – by our level of understanding, by their motivations, by the time of life that we receive the teachings. Name some key teachings you received that need to be released for you to move forward. For example: “good girls/boys don’t do that”; stereotypes expressed by a trusted elder; scientific knowledge you were taught that has been replaced or updated by new observations.

1.

2.

Duryodhana – Destructive Ego – the selfish choices we have made that appeared to be good for us at the time but now are limiting our ability to progress. These may include: people we have purposefully injured in some way; lying, cheating, or stealing because it was easier to do that than to perform a more constructive course of action; acting in a certain way to get what we wanted in a situation although we knew it was not the best option; ignoring good advice.

1.

2.