

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

### Worksheet 2: Rally Your Allies

As you learned in the previous worksheet, the Bhagavad Gita starts with the soldier Arjuna on the verge of attaining his destiny when he is suddenly gripped by intense fear and decides to give up.

One of the first parts of Chapter 1 is the naming of all of the enemies standing in Arjuna's way. When we name something, we gain power over it, and you can take this step yourself by completing worksheet 1.

The next logical step is for Arjuna to acknowledge his friends and supporters – those who will give him the resources he needs to go on. A list of Arjuna's friends and what they represent are listed below. You are invited to reflect on how these universal helpers appear in your own life and work to help you reach your deepest desire.

**Bhima – the Power of Your Heritage** – can be easily confused with Arjuna's deadliest enemy, Bheeshma, the Grandfather. Whereas Bheeshma represents the choices your ancestors made that negatively impact your life, Bhima represents the strength you derive from your heritage. To acknowledge Bhima, list 2 positive items you have gained from your family (noting that "family" can include anyone you consider a significant contributor to your life story). These can include physical inheritance (healthy heart, strong digestion, etc.), a faith that supports you, a talent or interest, or anything else that resonates.

1.

2.

**Nakula & Sahadeva – the Behind the Scenes Supporters** – were Arjuna’s younger twin brothers. They often seem like very minor characters in the story, but Arjuna can never triumph without all they do for him. You can start to realize how many people are working for your good, even without you knowing it, by listing 2 out-of-sight assistants who have greatly impacted your life. These could include the people who built the dwelling in which you live, those who grew the food you eat, someone who did an anonymous act of kindness to you, etc.

1.

2.

**Yudhishtira – the King** – can represent the resources you derive from the place in which you live. These could be an aspect of nature unique to your location, the health or educational system that serves you, any social structure directed for the benefit of a citizen. Connecting with Yudhishtira can help us overcome “the grass is always greener” tendencies that cause us to devalue the gems we have in our own backyard. What are two ways the characteristics of your locale elevate you?

1.

2.

**Abhimanyu - the Youthful Spirit** – was only 16 years old when he went to war, but impressed hardened veterans with his enthusiasm and energy. His innocence allowed him to move forward without fear, to do what he felt must be done. We can defeat ourselves when we become jaded and world-weary, when we start to see only the negative around us. What are two things in this world that still let you access your enthusiasm and ability to engage life without fear?

1.

2.

**Krishna – our Higher Consciousness** – is the spark of something divine that we all carry within ourselves, the voice of wisdom that we can hear if we listen hard enough. Krishna is Arjuna’s cousin and friend, and he is the one providing Arjuna with insight and advice throughout the Bhagavad Gita. He saves Arjuna’s life countless times and Arjuna learns to trust him – which ultimately means he learns to trust himself. If you listened closely to your own inner wisdom right now, what are two things it may say to you?

1.

2.