Direct All Your Energy Towards the Soul and not the Ego

The epic Mahabharata can also be understood as the science of inner Mahabharata that occurs in everybody's mind.

Lord Krishna symbolizes the consciousness and the five Pandavas, the five positive qualities of a person namely, righteousness (Yudhishthir), focus (Arjuna), power to fight injustice (Bheem), helping others (Sahadev) and learning to be neutral in difficult situations (Nakul). Panchali indicates the five senses, which can only be controlled when these five forces are together.

Dhritarashtra symbolizes ignorance, Duhshasan - a negative ruling quality (dusht while ruling), and Duryodhana (dusht in yudh) symbolizes one who is not balanced in war.

Consciousness-based decisions need to be taken to kill the negativity in the mind. Every action, if directed towards the consciousness or the soul, is the right action. To kill all the 100 Kauravas (the 100 negative tendencies a person can have) controlled by Duryodhan and Dushasan along with Shakuni (the negative power of cunningness), positive qualities have to be redirected towards consciousness and then take right decisions. The five Pandavas (positive qualities) made soul (Lord Krishna) as their point of reference (Sarathi) and won over the evils (Kauravas).

Bhishma Pitamah, Karna and Dronacharya, individually all had winning powers, but, they all supported negative thoughts and made Duryodhana as their point of reference and ultimately had to die.

The message is very clear - if one directs his or her positive powers towards ego as the reference point, in the long run, they will be of no use and, in fact, will be responsible for one's destruction.

Ravana too was a great scholar but he directed all his energies and powers towards his ego and ended up in misery.

Therefore, one should cultivate a positive mental attitude and positive thoughts, and instead of directing them towards desire, attachment or ego, they should direct them to soul/consciousness for a positive outcome.