

# Direct All Your Energy Towards the Soul and not the Ego

**T**he 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 (Yudhishtir), 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, Dushshasan - 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 Dushshasan 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.



## COVID-19 Pandemic Impacted Home Life of 67% of Female Physicians Having Children

According to a survey, the COVID-19 pandemic has been found to disrupt the home life of female primary care doctors who had children more than it disrupted the life of those who did not have kids. The survey was conducted by the Robert Graham Center and the American Board of Family Medicine between May and June last year and looked into the professional and personal experiences of being a primary care physician and a mother during the pandemic. A total of 89 female physicians working in the primary care specialty were included in the survey. Around 67% of them with children stated that the pandemic had a huge impact on their home life compared to 25% of those without children. Around 41% of those with children said that COVID-19 had a considerable impact on their work life, compared to 17% of those without children. The findings are reported in the *Journal of Mother Studies...* (Source: Medscape)

## More Severe Congenital Heart Disease Associated with Lower IQ in Children

Congenital heart disease (CHD) has a known association with cognitive impairment in children. A meta-analysis involving 74 studies has shown that more severe CHD can lead to worse neurocognitive outcomes. Among 3,645 children with CHD, the overall estimate of total IQ was 96.03. Children having hypoplastic left heart syndrome (HLHS) and univentricular heart disease (UVH) were noted to have significantly lower mean IQ scores (HLHS - 88.47 and UVH - 92.65). Those with milder subtypes of CHD, including atrial septum defect (ASD) or ventricular septum defect (VSD), had a mean IQ of 98.51. The IQ deficit in children with CHD was more marked when compared with their healthy counterparts, with a mean difference of -9.9 points. The findings are published in the journal *Pediatrics...* (Source: Medpage Today)