

# Introduction to *Karmayoga*

## Preface

The word '*Karmayoga*' (Path of Action) conjures images of those giving alms to beggars, setting up educational institutions, and those engaged in social service. However, in most cases, since the activities are at an emotional level or for the sake of publicity, it does not constitute *Karmayoga* in the real sense of the word. Then, what exactly is *Karmayoga*? Performing that karma (An act, action which gives rise to Destiny) which will result in spiritual growth and, ultimately, God-realisation, denotes *Karmayoga*. Even if the karma were to be worldly, performing it in a way such that no new *sanskār* (Subconscious impression) is created on the *chitta* (Subconscious mind) and thereby getting freed from the bondage of *sanskārs* forever is the objective of *Karmayoga*. Performing karma as expected by the Hindu Dharma and the scriptures, by sacrificing the attachment and the expectations of the fruit, is a supreme definition of *Karmayoga*. If a *Bhaktiyogī* (Follower of *Bhaktiyoga* [Path of Devotion]), *Dhyānyogī* (Follower of *Dhyānyoga* [Path of Meditation]) etc. complement their *sādhana* (Spiritual practice) with *Karmayoga*, then it will certainly help improve their *sādhana*.

Since the the subject of '*Karmayoga*' is vast, we are presenting its various facets in a Holy text series titled '*Karmayoga*'. This Holy text provides basic information on *Karmayoga* and the essence of *sādhana* according to this Path. The history of *Karmayoga*, Arjun's doubts about *Karmayoga* and Śrīkrushṇa's clarification of Arjun's doubts; importance of performing karma; importance of *Karmayoga* in *vyashti* (Individual spiritual practice) and *samashṭi sādhana* (Spiritual practice for the spread of Spirituality); salient features of *Karmayoga*; secrets of *Karmayoga*, meaning, sacrificing doership and means of accomplishing it according to *Karmayoga*, *Dnyānyoga* and *Bhaktiyoga*; how and why to perform *swadharma-karma* (Duties prescribed by Dharma for an individual) and *kartavya-karma* (Fulfilling responsibilities) are discussed in this Holy text.

We were able to simplify such a difficult subject as *Karmayoga* solely with the support of the great Ascetic Gurudev Dr. Kateswamiji, who explained the gist of several *shlokās* (Please see Glossary) from *Srīmadbhagwadgītā*. No matter how much gratitude we express at Gurudev's Holy feet, it will still be inadequate.

Our earnest prayer at the Holy feet of Srī Guru is - 'May the desire for spiritual progress be created in the minds of seekers through the daily practice of *Karmayoga*!'

- Compiler

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**A foreword to Part 2 of 'Introduction to *Karmayoga*'**