

Karmayoga (God-realisation through karma) : Vol. 2

Importance, Characteristics and Types of Karma

(English)

Compilers

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('Sainthood' or 'Stage of a Guru' denotes 70-79 % spiritual level,
Stage of a Sadguru' denotes 80-89 %, 'Stage of a Parātpar Guru' denotes
90% and above, whereas 'God' denotes 100% spiritual level.)

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Sanatan Sanstha

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卐 ——— Preface to the Text series on ‘Karmayoga’ ——— 卐

‘कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।’

- Shrīmadbhagwadgeetā, Adhyāya 2, Shloka 47

Meaning : Your right is to perform *karma* only; but never to the fruit thereof.

In this blessing of Bhagawān Shrīkrushṇa lies the essence of Karmayoga.

In life, *karma* (Action which gives rise to destiny) is unavoidable. Even to sustain life, the *karma* of breathing has to be performed. A continuous generation of ‘give-and-take’ account with others is a consequence that comes along with *karma*. Every *karma* compulsorily results in merits-demerits. Today demerits of people are on the rise because of personality defects such as anger and hatred, so also an evil-mindedness, unrighteous behaviour, mistakes committed while performing *karma* etc. On account of these demerits one has to suffer and receive unhappiness in this or subsequent births. There is no escape. As a result, the cycle of birth and death continues. This is what is termed as *karma-bandhan* (Bondage due to *karma*). Under such circumstances, Karmayoga (Path of *Karma*) spells out the path of breaking free from the cycles of birth and death.

Only when there is no *karmaphala* (Fruit of *karma*) can a man be free from bondage. Not having attachment, pride and expectation of the result of *karma*, performing every *karma* with an attitude that, ‘Every *karma* is the worship of God’, surrendering every *karma* unto the Holy feet of God upon its completion etc., brings about non-doership in the *karma*.



When this happens, the rule of *karmaphal* is not applicable. Non-doership cleanses the *antahkaran* (The inner sense organs consisting of the conscious mind, subconscious mind, intellect and ego) and gives a spiritual experience of perpetual *Ānand* (Bliss).

Karmayoga also teaches that even after God-realisation, instead of renouncing *karma*, the activity of drawing society towards *sāadhanā* (Spiritual practice) has to continue.

This Text series provides an easy-to-grasp guidance on how to practise Karmayoga while continuing to perform *karma* in day-to-day life. Taking into consideration the pervasiveness of the subject and the limitations on the number of pages of the Text, the complete subject of Karmayoga has been split into different texts. (List of such Texts is provided at the end of this Text.) - **Compilers**



Why does Sanatan follow Oxford (UK) English ?

Principally, there are 2 types of English all over the world - USA and UK. The two key dictionaries from either side of the Atlantic are Merriam-Webster (USA) and Oxford (UK). Both these dictionaries accept the differences between American and British English and make references to both in their word definitions. The language one speaks is English; the dialect is American English. Likewise, British English is also a dialect of English, even though it can be thought of as the 'original' dialect. Given the fact that UK's is the 'original' English, Sanatan has selected to follow it in spiritual texts.