

Karmayoga (God-realisation through karma) : Vol. 3

Types and effects of merits and demerits

(English)

Compilers

Proponent of the 'Hindu Rashtra'

Sachchidānanda Parabrahman (Dr) Jayant Balaji Athavale

H.H. Sandeep Gajanan Alshi

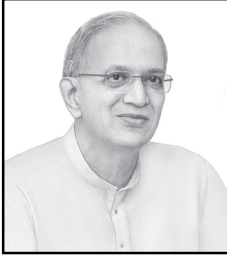


Sanatan Sanstha

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Introduction to the Compiler

Brief introduction to the unique mission of Sachchidananda Parabrahman (Dr) Athavale



1. Established 'Sanatan Sanstha' to propagate Spirituality
2. Propounder of 'Gurukrupayoga' for faster God-realisation : By performing spiritual practice as per 'Gurukrupayoga', 124 seekers have become Saints and 1,091 seekers are progressing towards Sainthood as of 10.5.2023.
3. Unique creation of Spiritual texts on various topics such as Deities, spiritual practice, daily conducts, Nation & Dharma, etc.
4. Founder-Editor of Hindu Periodical 'Sanatan Prabhat'
5. Proponent of 'Hindu Rashtra' (Divine Rule) (Year 1998)
6. Uniting Saints, Sects, devout Hindus, patriots and social workers and providing spiritual guidance to them to establish the 'Hindu Rashtra' (Divine Rule)

(For complete introduction, visit - www.Sanatan.org)

Assurance of Sachchidananda
Parabrahman (Dr) Athavale to seekers

The gross body has limitations of time and space
How can I be with everyone, at all times
Sanatan dharma is my eternal form
In this form I always exist everywhere

Jayant Balaji Mhambale

17.5.1996

Introduction to H.H. Sandeep Alshi



Besides compiling Sanatan's Texts, H.H. Sandeep Alshi also composes Prasar material (for example - Sanatan Almanac, Dharmashikshan Posters, etc.). He writes inspiring articles for the 'Sanatan Prabhat' Periodicals which provide information on spiritual practice, Nation & Dharma.

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The reason for prefixing spiritual title ‘Sachchidānanda Parabrahman’ before the Name Parātpar Guru (Dr) Athavale

As per the instructions of Saptarshi through the medium of Saptarshi *Jeevanādīpattī*, Paratpar Guru (Dr) Athavale is being addressed as Sachchidānanda Parabrahman (Dr) Jayant Athavale since 13.7.2022. Before, He was addressed as Param Pūjya [His Holiness] and Parātpar Guru in Sanatan’s Texts. He has been addressed accordingly on the cover of this Text and inside the Text wherever required.

The reason for prefixing spiritual titles before the Names of Sadguru (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil

As per the instructions of Saptarshi through the medium of Saptarshi *Jeevanādīpattī*, Sadguru (Mrs) Binda Singbal is being addressed as Shṛīsātshakti (Mrs) Binda Singbal and Sadguru (Mrs) Anjali Gadgil is being addressed as Shṛīchitshakti (Mrs) Anjali Gadgil since 13.5.2020. Both are spiritual heirs to Sachchidānanda Parabrahman (Dr) Jayant Athavale.

Note For non-English and spiritual words used repeatedly in this Text, please see Glossary at the end of the text.



Preface



Life is full of *karma* (Action which gives rise to destiny). Consequence of *karma* is inevitable. The consequence of a virtuous *karma* is merit, which in turn brings happiness; whereas, consequence of a bad *karma* is demerit, which in turn brings sorrow. We see virtuous people undergoing many sufferings, whereas, criminals, corrupt people, etc. performing many sinful acts and yet enjoying the luxuries of life. Why do these people not get punished for their sins, is a question that perturbs many. These people are happy because of the merits of their previous birth; however, once the stock of their merits is over, they have to face the consequences of their sinful acts in the form of diseases, poverty, suffering in Hell after death, etc. In short, no one can escape their consequences. Hence, it is essential to take atonement for the sins. Individuals repeatedly commit sinful acts unknowingly, such as killing of spiders, insects etc. while sweeping the floor with a broom, envying others, etc. In short, it is impossible to avoid sinful acts completely. Regretting the sins committed and therefore facing punishment prescribed by Dharma (Righteousness), to cleanse the resulting demerit is termed as atonement. This Text provides valuable guidance on various reasons for incurring and not incurring demerits, atonement *karmās*, importance of increasing merits and *karmās* that generate merit. We pray unto the Holy feet of Shrī Guru that after reading this Text, may the readers benefit from the fresh perspective, presented in this Text. - **Compilers**

(The Preface to Text series on 'Karmayoga' is provided in Sanatan's Text 'Importance, Characteristics & types of Karma')

