

Karma Yoga In Bhagvad Gita

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Karma yoga, also called Karma Marga is one of the four spiritual paths in Hinduism, one based on the "yoga of action". To a karma yogi, right work done well is a form of prayer. It is one of the paths in the spiritual practices of Hindus, others being Raja yoga, Jnana yoga and Bhakti yoga. Spiritual seeker should act according to Dharma, without being attached to the fruits of action. Karma yoga, states the Bhagavad Gita purifies the mind.

Karma yoga is the devotional practice of "selfless action performed for the benefit of others." Karma yoga is a path to reach moksha (spiritual liberation) from work. It is rightful action without being attached to fruits or manipulated by what the results might be, a dedication to one's duty and trying one's best while being neutral to rewards or outcomes such as success or failure. A Karma yogi who practices such "nishkama Karma" states Bhawuk is following "an inward journey which is inherently fulfilling and satisfying."

According to the Chapter of Bhagvad Gita both sannyasa (renunciation, monastic life) and Karma yoga are means to liberation. Between the two, it recommends Karma yoga, stating that anyone who is a dedicated Karma yogi neither hates and desires and therefore such as is the "eternal renounced." According to Constance Jones and James Ryan, Karma yoga is a yoga of

action while Kriya yoga is "yoga of ritual action." Karma yoga can be best defined as followed:

"Doing your duty at your best without any involvement of ego or attachment."

Whether we realize it or not, all of us perform actions all the time since even sitting and thinking is action. Since action is inevitable, an integral part of being alive, we need to reorient it into a path to God-realization. Just as devotees offer flowers and incense in their loving worship of God, so can actions and thoughts be offered as divine knowing that the Lord exists in the heart of all creatures, devotees can and should worship God by serving all beings as his living manifestations. To paraphrase Jesus Christ: what we do for the least of our brothers and sisters, we do for the Lord Himself. "A yogi" says Bhagavad Gita, sees Me in all things and all things within Me". The highest of all yogis, the Gita continues is one "who burns with the Bliss and suffers the sorrow of every creature" within his or her heart. Karma yoga is the taking of the things you do everyday with other people, of service, things like that, and making those all into an offering. And so it is an attitude that one has. It's an attitude of seeing how the actions you are performing mean so much more. One' Karma defines one's Dharma.

People are mad after sense gratification and they do not know that this present body, which is full of miseries is a result of one's fruitive activities in the past. Merely renouncing all activities yet not engaging in devotional service of the Lord cannot make one happy. But a thoughtful person engaged in devotional service can achieve the Supreme without delay.

One who works in devotion, who is a pure soul and who controls his mind and senses is dear to him. Though always working, such man

is never entangled. To work in Krishna consciousness is to work with the complete knowledge of the Lord as the predominate. One who controls one's passion, remains factually in the transcendental stage or Brahma-Nirvana. It is the highest perfection of life.

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