

## Introduction (Chapter 3 - Karma Yoga), Part 3

\*\*\* continued from last week \*\*\*

6.)

It is impossible to live without any actions. Our body/mind complex configuration makes it impossible to be free from actions. Likes and dislikes (raga/dweshha) propel one into actions. Human needs are for security and endless entertainment and both cannot be achieved without actions. The results of such actions bind us to further actions and it becomes an endless chain of events. The bondage we thus get trapped into is called “Samsara.”

7.)

Only positive, joyous, affirmative action's conducted as an offering to the divine will liberate us from bondage. It is necessary for us to be involved in the work we do. After all each of us have duties to our own body, family and the society. Commitment to the work without attachment to the results of the work is the art of true karma yoga.

8.)

Man is in the transitional stage of evolution. He is in between the stages of animal and divine. Our duty is to evolve spiritually and move onwards to the next stag of evolution. Our actions will take us to divinity or let us fall down to lower levels of life. Karma yoga teaches the path to evolve spiritually.

9.)

It is important to note that man is a social animal. We have to live as part of the society and work for the society. From the time of birth till death we are the recipients of benefits in one form or other from the society. We take the same for granted or do not realise the same.

The Lord therefore tells us that it is our duty to offer joyfully the results of our actions to the society. But these actions should not be selfish motivated actions, He stresses. He makes it very clear that selfish actions are the root cause of destruction of the society. Karma yoga teaches us the way to overcome selfish motivated actions.

This chapter teaches us to do so by telling us “think before we act.”

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