

Introduction (Chapter 3 - Karma Yoga), Part 5

*** continued from last week ***

13.)

From the point of view of the material world, "Karma" can also be defined as "actions that are the cause of bondage."

"Karma Yoga" on the other hand is the word used with reference to the spiritual world. It means all actions should be according to the sastras, dedicated to the Lord and the acceptance of the result of such actions as Lord's grace.

These should be actions at all the three levels of "Mano, Vak and Kaya."

"Kaya" actions: these are ritualistic actions as enshrined in the sastras.

"Vak": this refers to recitation of the mantras and speaking the "Truth".

"Mano": this refers to the act of "Meditation".

14.)

The root cause of sorrow is not the material world around us but our own ignorance. The scriptures call it "Ajnana." We tend to look for an external source for the sorrow experienced and put the blame on it. It is only a superficial search for the cause of "sorrow." A deeper search will lead us back to our actions that resulted in the experience of sorrow.

The ignorance and the inability to search within deludes us and makes us experience all types of agitations. Sri Krishna is trying to teach us through the Gita the way to overcome the delusion. He is giving us the "Jnana" or "knowledge" to trace the cause of all our sorrows.

** will be continued **