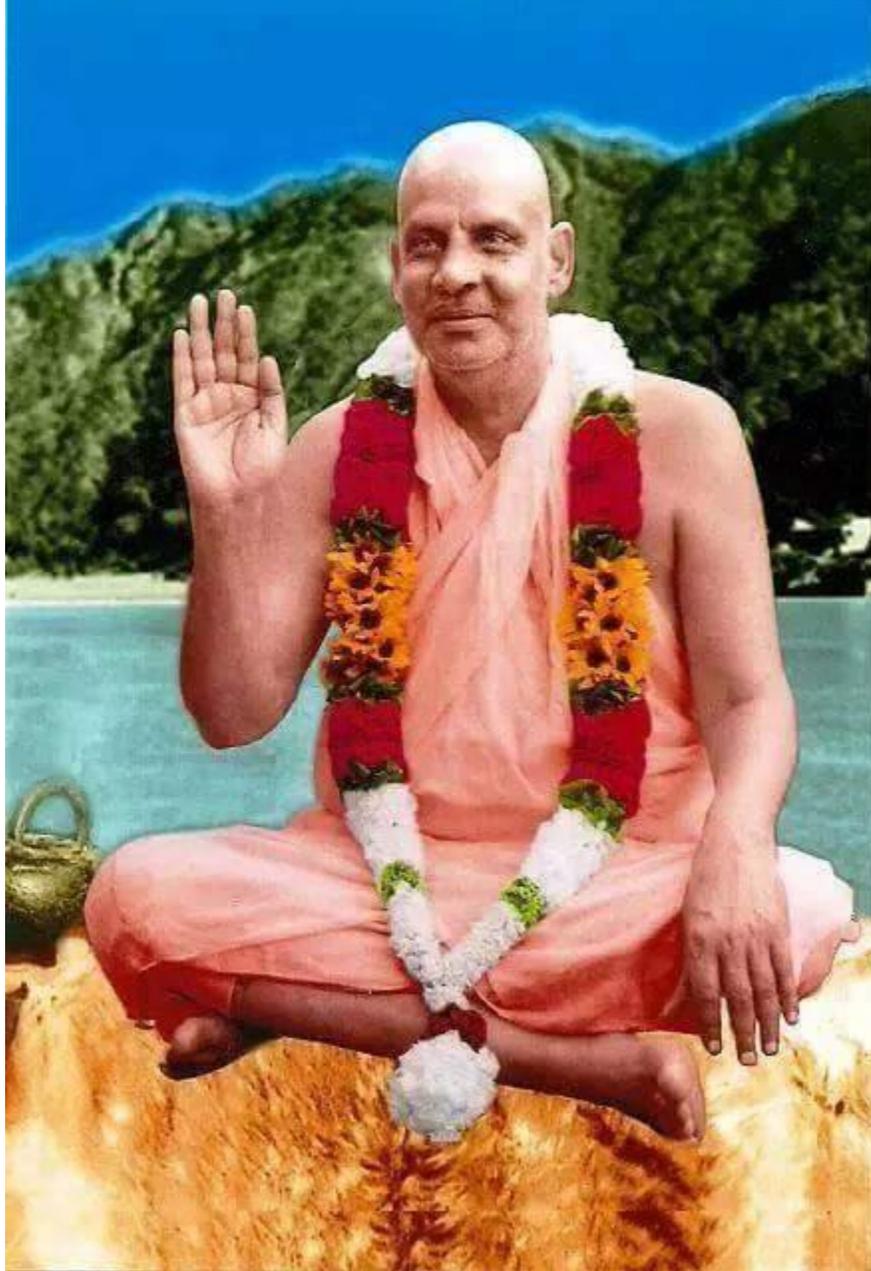


E-MAGAZINE-SYK- DEC'17 -L-3

SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

Karma Yoga - The Path of Selfless Service

Karma Yoga is the path of 'action', putting efforts with complete dedication, devotion and concentration of mind without attachment to the fruits of the action. Karma yoga can be applied to all actions in our day to day life. It will lead to the union with the self.

Karma Yoga is selfless service unto humanity. Karma Yoga is the Yoga of action which purifies the heart and prepares the Antahkarana (the heart and the mind) for the reception of Divine Light or attainment of Knowledge of the Self. The important point is that you will have to serve humanity without any attachment or egoism.

Two things are indispensably requisite in the practice of Karma Yoga. The Karma Yogi should have non-attachment to the fruits of actions. He will have to dedicate his actions at the altar of God with the feeling of Ishvararpana. Non-attachment brings freedom from sorrow and fear. Non-attachment makes a man absolutely bold and fearless. When he dedicates his actions at the Lotus Feet of the Lord, he develops devotion to God and approaches Him nearer and nearer. He gradually feels that God works directly through his Indriyas or instruments. He feels no strain or burden in discharge of his works now. He is quite at ease. The heavy load which he felt previously on account of false notion has vanished out of sight now.

The practice of Karma Yoga does not demand that you should possess enormous wealth. You can serve with your mind and body. A Karma Yogi should be absolutely free from lust, greed, anger and egoism. Even if there are traces of these Doshas, he should try to remove them. He should not expect any kind of fruits for his actions herein and hereafter. He should not have any desire for name and fame, approbation, thirst for applause, admiration and gratitude. He must have a spotless character. He should try to possess this gradually. He should be humble and free from hatred,

jealousy, harshness, etc. He should always speak sweet words. How can a proud and jealous man, who expects respect and honour from others, serve others? He should be absolutely fearless. A Karma Yogi should have large heart. He should be free from crookedness, meanness, miserliness and selfishness. He should be absolutely free from greed, anger and egoism.

In general, the main purpose of Bhagavad Gita is to induce people to perform their action. Lord.Sri. Krishna urges all to do their duty sincerely, as per the existing laws and without attachment or expectation of results. The KARMA YOGA is the most suitable path for enhancement of mankind.

NO MATTER WHAT HAPPENS I AM DETERMINED TO ATTAIN
ENLIGHTENMENT :

SUCCESS in all undertakings is attained as a result of effort; effort put forth in the firm conviction that sincere and earnest human endeavor never goes unfulfilled. Success is not achieved by never encountering failure. FAILURE is often a part of success. Failure is not final. Success is final. Failure is merely incidental. In our effort to attain perfection, failure may assail us many times. This doesn't matter. FAILURE IS NOT A SIN. It is giving up effort that sinful. Failing is not a great fault. But wanting to sit down where one has fallen, refusing to rise up and struggle on, that, indeed is a bad fault.

*Ultimately, success is built over failure, won by PERSEVERING
EFFORT.*

There are many examples of this great quality of perseverance. You remember in what thrilling words Lord Buddha expressed his

determination to attain enlightenment. After going to so many gurus, following so many paths, practicing so many austerities, becoming emaciated finally and losing his health, he decided to give up extreme austerities and physical tortures, self-inflicted, in the name (the false name) of penance. "Extremities," he realized are not good. Penance is necessary, a certain degree of austerity and mortification is necessary, but extremes are not in accordance with the law." So saying, he took a little nourishment and sat down under the Bodhi Tree. "Now, no matter what happens," he resolved, "come what may, I am determined to attain enlightenment. If this body has to shrivel up, if the skin has to wither and fall away, if the very bones of my body have to dry up and crumble away, yet Siddhartha will not leave this seat, until and unless illumination is attained. Let the body dry up, let the flesh wither and fall away, let the bones crumble and collapse. Until enlightenment comes, Siddhartha will not budge." Then what a great inner struggle, what a storm and a hurricane he had to pass through! But Siddhartha did not move.

SUCH SHOULD BE ONE'S DETERMINATION. *Such should be one's dedication to the life of lofty virtue, the path of light, the great goal of self-realization. Whatever one is engaged in, whatever type of life one is leading, inwardly one should be ever rising upward, God ward, divine ward, up, up to this great attainment. If there is this determination and dedication, there is such ceaseless striving and effort, ultimately REALIZATION must come.*

- H.H.Sri. Swami Chidanandaji.

Don't worry and be happy. Make others happy.

For further details, please contact *SIVANANDA YOGA KENDRA,*

A.K.SRINIVASAN

*YOGA ACHARYA/YOGA SIROMANI, TISYVC-CANADA, YCC-TYVFA, INDIA B.Sc.,
PGDMM, MDBA, MBA-ADAM SMITH UNIVERSITY –US.*

*SPECIALIST IN YOGA STRESS MANAGEMENT, PERSONALITY DEVELOPMENT,
LIFE STYLE MANAGEMENT AND YOGA THERAPY MANAGEMENT AND*

COUNSELING. DIAL OR CLICK- CT: 98402 33858,

E-Mail – sivanandayogakendra.srinivasan@gmail.com

Please visit <http://www.sivanandasevas.org>

