

Karma Yoga



Karma Yoga The Answer To The Secret Of Life! How to End All Problems

Humans go from one problem to another, finding solutions for some and others we do not. There are major problems like earning a living and love relationships. If these problems are not solved, they gnaw at our serenity and drive us crazy.

As long as we have a viable plan to solve any problem, there is really no problem. We know what we're going to do to overcome.

But when one or more problems drag on for years and years, we lose hope. And really this is how most of us find the spiritual path. We find meditation, for example, and from the very beginning, we find peace and happiness. Our problems are gone. But they're only gone temporarily in meditation.

Once we're back to the work-a-day-world of hustle and bustle, our problems come back – still gnawing at us in the backs of our minds. There is a simple way to solve all these major and minor problems but most people don't know how to do it.

The Answer to the Secret of Life

It's Called Karma Yoga! No! Karma Yoga has nothing to do with the physical exercises of Hatha Yoga which was designed to keep the body healthy. Instead Karma Yoga was designed thousands of years ago to keep our minds healthy.

What Is Karma Yoga?

It Involves Three (3) Things:

- 1, We take Refuge in Our Deity of Choice! (God, Buddha, Krishna, etc.)
- 2, We go to Work for that Deity!
- 3, We dedicate the Fruits of Actions (results of actions) to our deity of choice.

1, We take Refuge In Our Deity of Choice! (Buddha, God, etc.)

This is done by memorizing the following prayer and repeating it many times over and over each day.

“God, Buddha, etc, I offer myself to you – to build with me and to do with me as you will. Relieve me of the bondage of self, that I may better do your will. Take away my difficulties that victory over them may bare witness of your power, love and way of life. May I do your will always.”

By repeating this prayer many times a day, we take it on blind faith that only Good and happiness will come to us. From this point onward, it's no longer our responsibility to be happy. It's now our Deity's responsibility.

2, We go to Work for Deity!

All emotional pain comes from selfishness and self-centeredness – working for ourselves {see pamphlet on the Five (5) Antidotes for Emotional pain}. Instead we go to work for our deity of Choice – not

ourselves.

This becomes a seven (7) day a week job, 365 days a year, and 24 hours a day. We never take a vacation because we never need a vacation. That's because the practice of Karma Yoga is totally refreshing.

Now comes the hard part. We only use the following prayer – never paying for specific solutions to problems. This is the important part of Karma Yoga: that is, we pray only, **“Deity, please give me the knowledge of your will for me and the power to carry that out.”**

The Christian Bible says, “And when you pray, do not be like the pagans, for they think their many words will be heard. Do not be like them, for your Father (God, Buddha, etc.) knows what you need before you ask.” (Matthew 6: 7-8) If Deity already knows what you need, then why ask specifically? But it is permissible to pray for others.

All the pain and suffering of life comes from being selfishly attached to the results of life. By praying selfishly and self-centeredly for specific things, God, Buddha, etc. (by default) becomes our servant. Thus we fall into a degenerate position of being attached to and seeking only the pleasures of life. That is, “Give us money, property, prestige and sex.” And when we don't get these things, we're miserable.

Instead the Karma Yogi takes up his or her constitutional position as SERVANT, **praying only for the knowledge of Deity's will for us and the power to carry that out.**

Instead of trying to please ourselves, we have only one job in life: that is, to please our Deity of choice and engage in the welfare of all beings. How? What we normally do for

Karma Yoga

ourselves, we do that exact same thing. But now we do it as Deity's personal servant. Then it becomes our job to make Deity and our fellow beings directly happy. Any happiness for ourselves comes indirectly.

All the pain and suffering in life comes from trying to make ourselves happy: that is, working for ourselves. This problem is solved by Karma Yoga.

If our job is road construction, filling the pot holes in the streets, we work as our Deity's personal servant, fixing the streets and making drivers happy!

3, We dedicate the Fruits of Actions (results of actions) to Deity! It's the Secret to Detachment!

This too is a hard part. We have to be willing to dedicate the results of all our actions to Deity – the good, the bad, and the indifferent. But this is only common sense and reason. We really don't have a choice.

We can either accept the unfavorable results of life – staying detached – or we can be miserable. Other than detachment, there is no third choice. By simply doing our duty in life and letting the chips fall where they may, we discover an end to all emotional pain.

The very best way to accomplish detachment is to dedicate the fruits (results) of our actions to Deity of choice. Dedicating the fruits of our actions (Karma Yoga) makes detachment a thousand times easier.

If we make a million dollars, that belongs to our Deity of Choice. If we go broke and end-up starving to death on the streets, that also belongs to our Deity of Choice. This is the very best method for staying detached. .

The Answer to the Secret of Life

Great book: Karma Yoga by Swami Vivekananda, FREE on the internet as a PDF download. I reread this little book over 50 times. I recommend it to anyone with problems – a way of staying detached. For the past 35 years, since I first started practicing Karma Yoga, I have had no problems.

My friends all get angry with me when I say this. According to them, even Jesus had problems. But my friends don't practice Karma Yoga. Detachment is the answer – especially when life goes wrong!

By analyzing, we find doing our duty in life is always a viable plan, because after we've done everything to bring good results, there's simply nothing more to be done.

Quote from the book, Karma Yoga by Swami Vivekananda: “Buddha said, 'I do not care to know your various theories about God. What is the use of discussing all the subtle doctrines about the soul? Do good and be good. And this will take you to freedom and to whatever TRUTH there is.

'He (the Buddha) is the ideal Karma Yogi, acting entirely without (personal) motive (detached), and the history of humanity shows him to have been the greatest man ever born; beyond compare the greatest combination of heart and brain that ever existed, the greatest soul-power that has ever been manifested. He is the first great reformer the world has seen.

'He was the first who dared to say, "Believe not because some old manuscripts are produced, believe not because it is your national belief, because you have been made to believe it from your childhood; but reason

it all out, and after you have analyzed it, then, if you find that it will do good to one and all, believe it, live up to it, and help others to live up to it.

'He works best who works without any (personal) motive (detached), neither for money, nor for fame, nor for anything else; and when a man can do that, he will be a Buddha, and out of him will come the power to work in such a manner as will transform the world. This man represents the very highest ideal of Karma-Yoga.'”

The psychiatrist, Dr. Karl Jung writes: "Talk as much as you want, isolate yourself continuously, still this 'I' (the ego – the cause of all mental pain and suffering) will always return to you. Cut down the poplar tree today and you will find tomorrow it forms new shoots. When you find that this 'I' (the ego or self) cannot be destroyed, let it remain as 'I,' the servant (of God or Ultimate Reality).” (From Volume 11 of Jung's Collected Works, published by Princeton University Press, in the foreword to *Der Weg Zum Selbst*.)

There is only one negative to Karma Yoga. It puts our minds into the state of Rajas (see pamphlet Five (5) Antidotes for all Emotional Pain). As such, we have an abundance of physical and mental energy to accomplish outstanding works.

Because we are now in the mind of Rajas, fear and depression do not arise. That's good! But the bad part of Rajas is anger. This makes it also necessary to practice Meeta (antidote for Anger) in order to roll the mind into the middle path of Sattva where spiritual growth takes place and authentic worldly happiness abides. .