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Even Rishis, Devas, Gandharvas and Kinnaras serve at the feet of a true Brahmachari. A real Brahmachari will not feel any difference in touching a woman, a piece of paper or a block of wood. Sit in a room and meditate on this Beauty of beauties, your immortal Friend, the Atman or the highest Self. Poised Reason Actions which are of a binding
nature lose that nature when you do them with equanimity or evenness of mind through the help of pure reason, which has lost all attachment to sensual objects and which is resting in the Self. He is tossed about hither and thither helplessly by various currents. They did not eat the flesh. If one remembers this fact, all work will be found very
interesting. This is dynamic, integral Yoga of Siva. It will bring misery and pain. You must not take selfish works that are done through attachment, greed and passion as duty. Brahmacharya is the basis for eternal life. You are the most holy one, you are the ever-pure Atman. The manual work will become automatic, mechanical or instinctive. Now, the
attainment of renunciation is difficult and requires prolonged and patient practice. Do not allow the desires to control your thoughts. They want to appear as important people in the eyes of others. How could you explain these strange phenomena? It is this which preserves our freewill with certain limitations and ensures our future success. Evil
cannot exist without good. Just as the sweet fragrance of the jasmine is wafted in the air, so also the fame of the Jnani spreads far and wide, and people resort to his abode. How can he serve others if he has a poor physique and a dilapidated frame? I have free will of my own. The cause is hidden or unknown, if you are not able to trace out the cause
for the particular accident. Then you will have satisfaction. Why do you want a lamp? I saw a dying man who had the habit of using snuff. I am the witness or Sakshi. The joy of a developed Karma Yogi is really unbounded. Bhagavan Vyasa, after much discussion told his son his firm conviction: "These then are the two roads on which the Vedas are
based. All your actions will be perfect and selfless. Nishtha is a sine qua non for success. He has also given a long rope to the Rajasic mind to have its own ways. He has become now a glorious Yogi. A landlord or a money-lender sucks the blood of poor peasants and builds a palace. Understand well the theory of Karma. He should not remain in the
house till the end of life. Actions produce Samskaras or impressions or potencies. You would have attained the exalted state of Buddhahood. How did you relish the food or in the milk that you offered me just now. This is the converse of free will. If the thought of tea
comes in your mind at the moment of death, you may become a manager of a tea estate in the next birth, if you had done any evil actions. They move in cars, eat good food and sleep on cushions. Mere social service in some form or other and a little Katha or
preaching here and there will not bring about satisfactory results. He changes his desires. He must have a thorough knowledge of the moral code of Manu or Yajnavalkya and must act according to the rules laid down therein. O Kaunteya, know thou for certain that My devotee perisheth never. If you can stop the Sankalpas, the fire of desire will be
extinguished by itself, just as a lamp is extinguished when the supply of ghee or oil is withdrawn. Always scrutinise your motives. They remain as burdens on society. Selflessness is a thing unknown to them. Is this not a very sad plight? This sense of separateness is an illusion created by ignorance or Maya. Courage, generosity, vigour, prowess,
splendour, firmness, dexterity, not fleeing from battle, the nature of a ruler, protection of the people, gifts, doing sacrifices and study of the Vedas are the duties of a Kshatriya born of his own nature. God has given this marvellous machine to man for service of humanity and thereby attaining an immortal life. If you want to shine in divine glory and
move as a man-god, select the holy desire. Knocks and blows of a severe type wean the mind of a man from sensual objects and turn it towards the spiritual path. Have sublime thinking. There are many famous and learned Sannyasins and Pandits who can deliver lectures for a week on one Sloka of the Gita and the Upanishads. The captain of a
steamer who has a mariner's compass, who has knowledge of the sea, the routes and the oceanic currents can sail smoothly. If you find it difficult to work without any motive, have one strong motive for freedom when you work. Many have become fatalists. No one is absolutely Rajasic or Sattvic or Tamasic. If there is a slight error in the cutting of a
gown or uniform, there are damage-suits in courts in London and Paris against tailors. Lord Gouranga of Bengal was a great Advaita Vedantic scholar and yet he danced in the streets and market-places singing the Names of Hari. So their enjoyment does not in any way affect him. I am stout. Then comes attachment. If one cannot realise this inner
peace and strength, surely there is some error in Sadhana or meditation. Mind is the commander. Self-realisation is the greatest ideal in life. Keep the ideal before your eyes always. These things can be easily explained by the law of action and reaction. It gives opportunities for growth and evolution. A man who is immersed in deep Rajas will take to
Nivritti Marga or the path of renunciation. This path is easy for a man of determination, patience, endurance, self-sacrifice, dispassion, discrimination and strong will. Those who have an active temperament can follow the path of Karma Yoga. Adonis responsibility for our sin is only a makeshift of the theologians. A Yogi always directs his attention to
the accumulation of this divine energy by unbroken chastity. On another occasion, Valluvar called his wife at 1 p.m. and said: "Bring a lamp immediately produce Viveka and Vairagya, change the angle of vision and raise up the spiritual fire that lies within. Prayaschitta is of two kinds,
viz., 1. Matter is indestructible. Every man should endeavour his level best to live up to his ideal. O man! It is very difficult to get a human birth. He is fit to assist his wife in cleaning utensils in the kitchen in the morning and in washing her clothes in the evening. If you smile when you meet your friend, you do expect a smile in return from him. That
house wherein the wife fights with the husband and disobeys his orders, is a veritable hell on earth. p.279). Mentally removing all actions, the sovereign dweller in the body resteth serenely in the nine-gated city, neither acting nor causing to act. These are the seven Dhatus. Why do we find ten different convictions among ten persons of the same
district and same community? "He who is free from the egoistic notion, whose reason is not affected though he slay these people, he slayeth not, nor is he bound," says the Lord. Use your reason and commonsense. "There is only an element of truth in this attitude. Train the students in the path of Brahmacharya, righteousness and morality. The lower
instinctive mind will delude them. Every man is born with his Samskaras. If you develop a carbuncle or get a fracture of the leg or arm, this is obviously due to some bad Karma in your previous birth. Can there be an iota of real benefit in their meditation or Bhajan? Then and then alone are you really rich. You were living for several years in a
mountain of salt." It followed the instructions of the jolly ant. You can destroy them or undo them also. Just as the iron is shaped in the anvil by heating, so also man's character is moulded by blows, knocks and pains. It is not in one birth that a man develops a mighty will. This boy may get his next birth as the son of this rich man for this little good
action that he had done. If there is an action, there must be a reaction will never do any wrong action, because he knows that it will react upon him and bring misery and pain. They thinked the action will never do any wrong action, because he knows that it will react upon him and bring misery and pain. They thinked the action will never do any wrong action, because he knows that it will react upon him and bring misery and pain.
that service and Bhakti are nothing. This is your Yoga. Mara or Satan can have no influence upon you. Verily renunciation of actions that are prescribed is not proper, the relinquishment thereof from delusion is said to be of darkness. They take undue responsibility on their shoulders, pine and labour under care, worries and anxieties. Brahmacharya is
absolute freedom from sexual desire. These rights are worthless. O sweet adorable One! Give me strength to control the restless turbulent Indriyas and the mind that ever wanders. Do good actions. It tantalises, tempts and
deludes. In any case, development of the embryo implies multiplication of the cells. Thou shalt not steal, etc." They are harmful. It brings solace, satisfaction and comfort to one and all. That is the reason why the Lord says in the Gita: "Nor can anyone, even for an instant remain really actionless; for helplessly is everyone driven to action by the
qualities born of nature." Ch. III-5. Use your common sense always. Humility, pure love, sympathy, tolerance and mercy will be developed. I cannot pass the thread properly." She did not say: "It is broad daylight now. The semen that belongs to the heart and mind will certainly flow out. After coming here can you cut off your connections with your
relatives? Highly lamentable indeed! It is very difficult to get a human birth and yet people do not realise the importance of keeping up an ideal and living up to it. He should cultivate an amiable, loving nature and adaptability. You will have to do it at any cost, if you want final beatitude and immortality. Treat name and fame as poison. Elation and
depression are the attributes of the mind. Prakriti Does Everything All actions are done by the qualities of nature only. He became very thin and pale. You must not think of the senses. Understand His mysteries. They complain like the ant of the salt mountain: "We have no spiritual progress. Consult your conscience. Some hypocrites put
on an external show of Vairagya just to collect money secretly. If Sattva is predominant at the time of one's death, then he goes to the spotless world of sages. They should work for the uplift of the world. They will prevent you from doing wrong actions. Reason and discrimination fail. The meaning of the Sloka is: "All this, movable and immovable, is
indwelt by the Lord. Wisdom is enveloped by ignorance; therewith mortals are deluded." Ch. V-1 to 16. He is a very restless man. There was a poor Brahmin in a small village. He then came to the Sannyasin and said: "O Swamiji, I am at thy feet now. There was a poor Brahmin in a small village. He then came to the Sannyasin and said: "O Swamiji, I am at thy feet now. There is a cry for work everywhere. Become an embodiment of good nature. It becomes a hindrance.
The reconcilement of these opposites is the secret of renunciation. Some are fond of acquiring Siddhis (powers). He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the three qualities has the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following signs as described in the Gita: "He who has crossed the following sign
is unshaken by the qualities; who saying: 'The qualities revolve', standeth apart, immovable; balanced in pleasure and pain, self-reliant, to whom a lump of earth, a rock and gold are alike; the same to loved and unloved, firm, the same in censure and praise, the same in honour and ignominy, the same to friend and foe, abandoning all undertakings-he
is said to have crossed over the qualities. The mark of Dharma is Achara (good conduct). He develops a strong will and strong character. It is mere 'Spandabhasa' or mere vibration in one corner of Brahman where there is Maya. He should have power of endurance. Desire is the motive force that moves the mind to action. He may donate a small sum
to a public cause. Meditation makes one strong, cheerful and healthy. He knows exactly what is going on in his mental factory, what Vritti or Guna is prevailing at a particular time. He cannot talk now with the same force. He plunges himself in Karma. He purified himself through charity and selfless service and got himself initiated by the same Sadhu
after some time. A deer is entrapped through sound; an elephant through touch; a fly through form; a fish through touch; a fly through form; a fish through smell. I have succeeded." If he fails the same man says: "What can I do, my friend? I could lay my finger on nothing which I could call as mine. He has full concentration. Work as those work who are ambitious. I
enjoyed the Divine Aisvarya, all God's Vibhutis, I had Visvaroopa Darshan, the Cosmic Consciousness, only God I saw. Just as in gout and rheumatism the pain and swelling shift from one joint to another, just as in gout and rheumatism the pain and swelling shift from one joint to another place, so also if one evil is eradicated in one place,
another evil manifests in another place. He can counteract dark forces of evil tendencies and can command Nature through right exertion or Purushartha. Sri Mahatma Gandhiji was a Yogi of Karma Nishtha. All her statements were duly verified and corroborated by respectable eye-witnesses. This is your master-key to open the doors of the realms of
bliss. Man muses or thinks of the objects of the senses. I do actions for the Devas, ancestors, for all beings and for those who come to my door." Then the Brahmin smiled and said: "O king! I am Dharma in disguise. If this money that is wasted on fashion is utilised in virtuous actions, in charity and service of society, man will be transmuted into
Divinity. It was winter. In the Ganges and the Kailas peak, In the famous Chakra Tirtha of Naimisar also, only God I saw. Feel that you are touching the body of the Lord (Virat). Thou art not this perishable body. 21. You will feel that God works through you. I do not go to temples. He who seeth inaction in action and action in inaction, he is wise
among men, he is harmonious, even while performing all action." Gita: Ch. III-16, 17. Husbands are the Gurus for their wives. Nothing can bind you. are not the highest kind of help. She answered from within the room: "O Bhikshu, kindly wait a bit." The Sannyasin was very much annoyed. Then only will they be spiritually benefited, otherwise there is
not the least hope of spiritual life and spiritual life and spiritual progress of the aspirant and complete regeneration of his old Asuric life. Lord Krishna says in the Gita: "The four castes were emanated by Me, by the different distribution of qualities and actions; know Me to be the author of them, though the actionless and inexhaustible.' Ch. IV-13. He has created this
world through the three Gunas-Sattva, Rajas and Tamas-for His own Lila. Sow the seeds which will bring pleasant fruits and which will make you happy herein and hereafter. (3) If the Karma is very bad, after suffering in the nether region, the thinker is made to take his birth in this world in the lower animal or vegetable kingdom as part of his
punishment. If you hurt another man, you really hurt yourself. It is wasting of time and energy. This is a great mystery indeed. He always thought of the gallows. Practise Yama and Niyama, Ahimsa, Satyam, Asteyam, Brahmacharya and Aparigraha. Feel strongly: "I must become a spiritual man." All these habits will fly away. He will be in a position to
keep a calm and healthy mind always. The planets have an influence on the mind and body of a man. Sattva is harmony or light or wisdom or equilibrium or goodness. Then you will find a perfect, satisfactory solution for all the intricate and complicated affairs of life. Raja Yoga aims in controlling all thought-waves or mental modifications. He should
have perfect adaptability, mercy and cosmic love. God is all-pervading power that governs this universe and keeps it in perfect order. Therefore I have given below practical methods to get success in Brahmacharya. Now, even the sun will tremble before you, because he is afraid of being pierced by you through your power of Brahmacharya. Service of
humanity is service of God. Aspirants should not allow these evil Vrittis to manifest in the mind-lake. All who seek power, life of comfort, perform actions with a view to obtaining and enjoying these fruits, and they direct their activities to this end. He has to develop various virtuous qualities such as mercy, tolerance, love, forgiveness, equal vision,
courage, etc. You can see the multifarious fashions in the evening. You will have to discipline the mind with patience and perseverance. One man dies at the age of ninety, another at thirty-five and the thirty at eighteen: this is due to Prarabdha. Even a little practice with the right mental attitude will purify the Chitta. Mark how the meat-eating tiger is
ferocious, and the cow and elephant, which live on grass, are mild and peaceful! Meat has a direct evil influence in the compartments of the brain. Who Is God? Only he who wears simple dress, who is free from this terrible scourge of fashion can do Karma Yoga. Lord Jesus was born the son of a carpenter. Sing Hari's Name. He who sows green gram
reaps green gram. Many foolishly think that one drop of water from the Kamandal of a Sannyasin or Yogi, or a small magic pill will transmute them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities, will awaken the Kundalini and put them into divinities are also as a supplication of the contraction of the contractio
to marry, begin to molest and outrage family women secretly. They have no desire for money. The four divisions are not hard and fast. I do not want Sannyasa or any Yoga. He separates himself from the body, mind and organs. Act according to the law and rest in peace. You have taken this body to achieve this end! 3. Let us not exert ourselves." This
is a sad mistake. If a man leads a virtuous life for many years, and if he does Japa and meditation for a long time, then only, through the force of habit he will remember God and His Name at the moment of death. He neglects his own duties. The body of a man who is a true Oordhvareta has the scent of the lotus. That is the reason why the number of
Sannyasins is now increasing. There will be heaven on earth. That is the reason why the emission takes place suddenly. This is self-created drudgery. They think that the man is concocting them out of jealousy and hatred. Do accept my worship, O my Lord! 4. An elementary knowledge of astrology is of immense value. The humorous remarks must
educate and correct others. Then only can they get along smoothly with their spiritual Sadhana. Service, worship, etc., eventually result in the realisation of the inner Self. There is a sharp sword in the tongue. Half of his body was golden and the other half was brown. Therefore it is Brahman only who really does all actions. Lawful and Forbidden
Actions (Vidhi-Nishedha) Actions are of two kinds:- 1. You will have to be very careful of reaction. Work become a Naishthika Brahmachari, he need not enter the stage of a householder. Then he will be able to do works without any motives, without expectation of fruits of
action. How is it that one man is a king, another is a genius while another is a fool, one man is very wealthy while another is a fool, one man is very wealthy while another is a saint, one dies at the age of ten while another dies at the age of ten while another dies at the age
of ninety? Repeat the Name of the Lord while at work. According to Rishi Jaimini, rituals like Agnihotra, Yajnas, etc., are termed Karmas. He must calm the surging, bubbling emotions and the impulses. Then a desire arises in the mind to get possession of the objects for his enjoyment. He may become a menace at any time. Is it in a wealthy king with
an unbalanced and unbridled mind, living in a palace, or in a poor saint with a magnificent calm and balanced mind and living in a grass hut on the banks of the sacred Ganga? It is said that it is a gloomy doctrine and that it tends to paralyse human effort, and closes the spring of all right action. Infatuation or delusion, confusion of memory, loss of
devotees, ever harmonious, worshipping in love, I give the Yoga of Discrimination by which they come unto Me." In chapter eighteen Lord Krishna says: "By devotion he knows Me in essence, who and Yoga are the means to an end. Tendency, and they come unto Me." In chapter eighteen Lord Krishna says: "By devotion he knows Me in essence, who and Yoga are the means to an end. Tendency, and they come unto Me." In chapter eighteen Lord Krishna says: "By devotion he knows Me in essence, who and Yoga are the means to an end. Tendency, and they come unto Me." In chapter eighteen Lord Krishna says: "By devotion he knows Me in essence, who and what I am; having thus known Me in essence he forthwith entereth into the Supreme." Knows Me in essence, who and what I am; having thus known Me in essence he forthwith entereth into the Supreme."
develops into a habit by repetition of the actions. This is selfish work. It brings joy and mirth to others also. There is no hope for my freedom of action and thinking. It does not matter. It removes Vikshepa (tossing of the mind) Sakamya Bhakti (devotion with expectation) brings Svarga and Brahmaloka for the devotee (Uttamaloka Prapti). There is
some mysterious power that is working behind all these phenomena. The astronomer sits in his observatory with his long, powerful telescope and watches the heavenly map, and studies the stars and planets very carefully. The rites done during eclipse and Shraaddha (ceremony) every year are Naimittika Karmas. Do not make thoughtless remarks
as the wheel of an engine appears to remain stationary when it moves very swiftly, so also a Sattvic man appears to be calm through his self-restraint or control. Karma Yoga is performance of action with Sankhya understanding or poised reason that is not affected by loss or gain, success or failure. He trains aspirants in the Ashram. This world is very
crooked. Vedantic gossiping and idle, dry talk on the Brahma Sutras and the Upanishads cannot help a man in feeling the unity or oneness of life. Fortunately the Westerners have also begun now to acknowledge its importance and veracity. This desirable state is coveted by all. An Akhanda Brahmachari need not practise reflection (Manana) and
fish, etc., just see with your own eyes the pitiable, struggling condition of sheep at the time of killing. The terms 'menial service', 'this work is good', will be obliterated from the mind. Heaven and hell are mental creations only. Nations are fighting in the battlefield for freedom. He who does virtuous actions reaps good fruits. He is
Nitya, Sasvata, Avinasi, Avyaya and Akshara. It can be practised by Sannyasins who tread the path of Nivritti Marga. 14. He gave them a bath and drank their Charanamrita. The Jews adopted it after the Babylonian captivity. A Jnani alone can do absolutely unselfish, motiveless action. Be calm, cool and serene always. There can be neither absolute
good nor absolute evil in this world. You will become a perfect Karma Yogi like Raja Janaka. He has practised Sama and Dama for a long time. They mentally arrange the beings under different groups as well as the beings placed in each of these groups are then arranged according to a regular and graduated scale of advancement
Make others happy. In the physical plane, all vegetable and animal bodies develop out of the life-germ, the unit cell. I am sometimes perplexed, agitated and depressed. It begets poverty. Man has power to choose between the alternatives which fate brings before him. This world does not want the help of anybody. This is one of the most important
qualifications for aspirants. Of course, it is a question of time. The fruit of Bhakti is Jnana. One man prostrates before a Vivekin or a non-Vivekin and implores him to render some help or service. Never become a fatalist. You suffer on account of your own wicked actions. Care not for little perishable things. The articles entitled 'Health and Yoga' and
 'Secret of Karma Yoga' are of vital importance and interest. That which takes you down and away from God is wrong. I bring office papers to my home and work at night till eleven. Naishkarmya). Watch for opportunities to serve. You will have to be very vigilant
careful and circumspect. The Self is always silent and is the witness of all actions. Serve your country and society. More energy is wasted during coition. He asked him: "How is it that you are doing this dirty work? You cannot say that this link is useless or unnecessary. The fruit of a Sattvic action is harmonious and spotless; the fruit of a Rajasic
action is pain, and of a Tamasic action is ignorance. Why is one man born in Central Africa among the cannibals and their inter-relations? Hence the certainty of subsequent embodied existence on account of the unenjoyed portion of the Karma. May we all
work unselfishly with perfect harmony and healthy! May we live to the normal length of our earthly days-a hundred years-doing selfless service, studying the Vedas and developing all Sattvic virtues! May we shine with the
knowledge of Brahman, radiating joy, peace, bliss and knowledge to the different corners of the world! 14. One can combine one-pointed devotion with Jnana Yoga. You are unfit to wear the garb of a saint. Two things are indispensably requisite in the
practice of Karma Yoga. Without good health you cannot perform any service of Nishkamya Karma Yoga. He can neutralise the hostile or antagonistic currents. You can become a righteous man and a saint by doing virtuous actions and entertaining noble and divine thoughts. Do not do anything in a surry scurry, in haste or flurry. Pain is a better
teacher than pleasure. Then he should go beyond Sattva Guna also by identifying himself with the Atman or Sakshi, and practising Brahma Abhyasa or Atma-Chintana or Nididhyasana. He thinks that his views, opinions and ways of living are right and that the views of others are incorrect. They themselves should be strictly moral and pure. Then it
disintegrates and the components get involved in the ocean of Tanmatras or Avyaktam. If there is day in India there is night in America. Have you understood the glory and importance of Sannyasa and seclusion? Whatever a great man doeth, that other men also do; the standard he setteth up, by that the people go. The sum-total of these tendencies is
what is called character, and this character contains in itself the well-digested and assimilated experience of the entire past of the soul. Remove selfishness. He was not against selfless actions. Therefore give up the thought: 'I am the doer'. The third way is to have fear of God. Freedom is Satchidananda. Just as impure gold turns out to be pure by
melting it in the crucible several times, so also man becomes pure by being burnt in the furnace of pain. In that case the teachings of the Sastras which inspire people to right exertion would be quite purposeless. Law of Resistance If you eat a mango, if you do any kind of work, it produces an impression in the subconscious mind or Chitta. I offer to
Thee whatever I do or eat. Millions of people have been sumptuously fed. After he has finished the stage of a householder and after fixing up his son in a proper position, he can become a Vanaprastha either alone or with his wife. The wise should set an example to the masses. It is better if such a man gives up his physical body and creates a void for
the better filling of air. A microscopic minority only are fit for full and deep meditation. Then you will become a true Karma Yogi. The beauty of beauty is ever shining in the chambers of your heart. In fact the whole world is affected by a single event. A little gain in the first betting itches the
nerves of the gamblers and forces them to bet a large sum. Remember this point always. It is deplorable to note that the vast majority of persons have no ideal at all. Man will be like an automaton or block of wood, his hands and feet being chained down tightly. The laws of gravitation, cohesion, adhesion, attraction and repulsion, the law of like and
dislike on the physical plane, the laws of relativity and contiguity, the law of association on the mental plane, all operate in strict accordance with this law of cause and character and can become a good man or a saint in the next birth. I am extremely
chance. If he fails in the discharge of his duties, and leads a sensual life, he is a mere burden on earth. He understood fully that Janaka was a wonderful Brahma-Nishtha and had perfect balance of mind amidst multifarious activities. Every effect has a cause. The doctrine of Karma brings hope to the hopeless, joy to the cheerless
and new strength to the weak. They lead a peaceful life and serve others. That Yogi or Juani who has attained the highest Nirvikalpa Samadhi, in whom the seeds of Samskaras are fried in toto can claim to be a perfect Oordhvareta or one who has complete sex-sublimation. After all, man wants very little on this earth. The mental state of non-
attachment to the fruits of works can be achieved by two ways. It is like a mirage. He treats the body as an instrument of God, given to him for the fulfilment of His purpose. A recluse is afraid when he sees a big crowd or a bevy of ladies. He further adds: "Why should I take Sannyasa and practise Yoga? Their names are still remembered. If this also
cannot give you sufficient strength to stop this habit, go to a slaughter-house and butcher's shop and personally see the disgusting rotten muscles, intestines, kidneys and other parts of the animal which emit bad smell. But you will gain strength and gradually it will perish altogether and the new good habits will gain supremacy eventually. Then the
law will no longer operate on him. He said: 'O venerable guest, come inside. They say that leprosy, epilepsy and gulma (chronic gastric catarrh) are due to very bad Karmas. In time to come the evil qualities also will vanish if you are careful and if you focus your attention on them. Old, evil habits can be changed into healthy and desirable habits
through the force of the pure irresistible will. You have made your own destiny from within by your thoughts and actions. These are all degenerated human beings. I will radiate joy, peace and thought-currents of love towards you. There is Brahmicore should be a second thought the force of the pure irresistible will. You have made your own destiny from within by your thoughts and fear. These are all degenerated human beings. I will radiate joy, peace and thought-currents of love towards you.
aura in your face. Ashtavadhanis do eight things at a time. Gambling is another dreadful curse. Where is the time for doing Sandhya and Japa and the study of religious books? There is no wavering or oscillation of the mind here. Look before you leap. The main wheel revolves. His mind may be full of passion and attachment. The man who
approached the Bania for alms. Nothing can upset his mind even when he is placed under any unfavourable conditions and bad environments. A thorough overhauling of the organisation of this fourth order of life-Sannyasa-is an imperative necessity. He must develop the habit of looking at matters from the viewpoint of others. These are all great
purifiers. They were as free as a bird. Other people can very easily find out our defects. Feel that God is the inner Ruler who manipulates your mind, body and the Indriyas. You must be ever introspective. If one practises this very carefully he will not commit any wrong act. Others hold the view that the pursuit of the knowledge of the Self should be
 accompanied by the performance of Vedic and Smarta rites. He who has done Tapas, meditation, had Satsanga with Mahatmas, served saints and devotees and lead a life of purity is born as a Yogi or a saint in this birth. A Karma Yogi or a Sannyasin works with Akarta and Sakshi Bhava, without attachment or idea of agency and with the strong
Nischaya or determination that the world is unreal and that the world is nothing but Atman or Brahman. Curiosity-mongers can have no access to him. He can convert a busy city into a big forest. Have you realised your foolishness now? Then only can there be real non-attachment. Keep the mind fully occupied in your work. Work without any Motive
Man generally plans to get the fruits of his works before he starts any kind of work. He did Dig-Vijaya and held controversies and heated debates in different parts of India with the learned scholars through his power of Ojas. Become a true Karma Yogi. Some may be Nishkamya. There is a penalty if you do not perform obligatory Karma. The duty of
the wife is to serve and please the husband at all times.' It also plunged itself into the fire and soon perished. It is easy. This 'I am I' is the secret of Karma Yoga. It contains good, evil, and a mixture of good and evil. He takes immense delight
in serving others, in doing good to others. This crust or rust or dirt prevents the beneficial influences to get entry inside and allows the evil force or lower influences to operate. Samskaras are the latent potentialities. The Lila of the Lord will stop had it not been for my presence in your system. He speaks sweet loving words. Why do you lose the
energy that is gained in many weeks and months for the sake of a little momentary sensual pleasure? He has integral development. The doctrine of Karma is diametrically opposed to the doctrine of fatalism. The Jivatma or the individual soul, a reflection of Chaitanya in the mind-mirror is a constant companion of the mind. Why does one man possess
good health, strength and vitality? Some aspirants easily get offended if their bad qualities and defects are pointed out. Passionate (Rajasic). They have spiritual and ethical powers. Morality changes when one's life is at
stake (Apat-Dharma). I have done many bad actions in my previous birth. In days of yore Brahmacharins used to approach their teachers with profound humility, sincerity and Bhava with sacred sticks (Samiths) in their hands. He who has some knowledge of astrology can ward off the evil effects of unfavourable planets. Our previous efforts are called
our destiny (II-6-36). She was quite astonished to see that the river gave way when she uttered the words of her husband. They exercise benign or malevolent influence on him in accordance with their position in the various houses. There are countless Doshas in worldly life. He does not know what he is really doing. He prostrated before him again
state. Even if people scoff at you, revile, beat, kill or taunt you, always be indifferent. This is the new motive and it is one of the all-compelling forces; they work for God alone. When compared with other means, Jnana (knowledge of the Self) is the only direct means to freedom. It is impossible to rise or jump to Sattva all of a sudden from Tamas. If
Rajas is predominant at the time of one's death, he will doubtless be born among those that are attached to action. His intellect becomes perverted. The Yogi who keeps up meditation while performing actions is a powerful Yogi indeed. That which elevates you and brings you nearer to God is right. You can change your thoughts and habits and mould
a new character. Then even eating, walking, talking, sleeping, breathing and answering calls of nature will become Yogic activity. If an aspirant wants to grow he must admit his defects if they are pointed out by others. The differences in the animal's experience of pain and pleasure must have their own causes. A close study of this law gives
encouragement to the man who has lost hope, and to the desperate and ailing. By these practices you will not be able to do any wrong action. Brahmacharya brings material progress and psychic advancement. Like camphor I was melting in His fire of knowledge, Amidst the flames outflashing, only God I saw. Even if the whole of Mithila is burnt, yet
nothing is lost to me." The name of Raja Janaka is always associated with Karma Yoga and Karma Nishtha. I could read your thoughts. Life cannot exist without death. It renovates the system or constitution, rebuilds the cells and tissues, helps digestion and gives power to face the difficulties in the daily battle of life. This is not true. Ahimsa Paramo
Dharmah-non-injury is the highest virtue. Wet-dreams generally occur in the last quarter of the night. (3) Coming back, as man again, to earth-life with facilities for further purification of mind. Nor indeed can embodied beings completely relinquish action; verily he who relinquisheth the fruit of action he is said to be a relinquisher. He should have
presence of mind also. Among the Arab philosophers it was a favourite idea. He should not get any remuneration. Claim this birthright amidst typewriting, arranging chapter of a book and other multifarious work. His understanding gets clouded by selfishness and greed. Vyavahara for the Jnani depends purely upon his Prarabdha. A big library may
contain a large number of books of different gradations of thought or size. In the following passages Karma Yoga is pointed out as a means to the attainment of Atma Jnana: "The Brahmanas seek to know this (Atman) by the study of the Vedas, by Yajna or worship." Brih. You have now a comprehensive understanding of this grand law of cause and
effect. They judge others from their own standpoint. 17. As soon as a son is born she become free myself." No one can remain quiet even for a second. Do not try to fulfil it. When a man regards the action as if it were for him, he has 'action
mentality', and when he treats of it as God-ordained and for God, he being just a spectator, he has 'inaction-mentality'. Wake up now. A hungry man will have to eat for himself. It is the shield for waging war against the internal Asuras-anger, lust and greed. Blow the bugle with the feeling: "I must become a true Karma Yogi now." All virtues will cling
to you by themselves. Reform yourself first. Therefore, as no atom can be created or destroyed, so also no soul-entity can be created or destroyed. Why should God make one happy and another unhappy? Thou shalt not kill. I shall speak a word on conscience. Kindly take your seat here. Miseries are not eradicated. When you serve a man, think God
has given you an opportunity to improve, correct and mould yourself by service. The body, the actor, the various organs, the diverse kinds of energies and the presiding deities, also, the fifth-whatever action a man performeth by his body, mind and speech, whether right or the reverse, these five are the cause thereof." Ch. XVIII-13, 14, 15. When did
you go to bed? You must not reserve even a trace of personal element or feeling. Nowhere have I found one. Over the inevitable he has no control and if the law is to be justified, he should have no reason to complain against it. The next morning he proceeded to see the wood-cutter in his hut. He has to evolve morally and spiritually by performing
these duties in the right manner. The aspirant should always be patient in his efforts. When he develops Vairagya, Raga is annihilated. It contributes to perennial joy uninterrupted and undecaying bliss. I am distinct from the senses. There was the boy-Bhagavatar in Madras who conducted Kathas when he was eight years old. Aspirants do not make
progress in the path because they too have these defects to a great degree. That is his last and advanced stage. In large meat-eating countries cancer mortality is very high. He develops patience, mercy and universal love. Ladies are more jealous than men. The man becomes like a prisoner whose hands and legs are tied with chains. This will is free by
its own nature. "The Brahmana was Brahma's mouth; the Rajanya was made His two feet." The four castes are Brahmana, Kshatriya, Vaishya and Sudra. There is influence of man's nature on his conduct. The sage-king then said: "Look here, O Sadhu! How do you like the taste of the
milk now? That is the reason why the Gita says: Arurukshor Muner Yogam Karma Karanam Uchyate, Yogarudhasya tasyaiva Shamah Karanam Uchyate. Beware, my child Prem! I again and again warn you. When Sattva prevails, the other two qualities are overpowered for the time being. Karma Yoga: A Means to Knowledge The practice of Nishkamyata tasyaiva Shamah Karanam Uchyate.
Karma Yoqa destroys sins and impurities of the Antahkarana. Work is worship Work is worship. He who has knowledge of the three Gunas can do his work in a better and more efficient manner. They are of no use to others also. May the blessings of the Lord be upon you all! May joy, bliss, immortality
peace and poise abide with you for ever! 2. Listen to this story: In Hanuman Ghat two girls were in a drowning condition. The Western Theory of Evolution is Unsound. He does not want to hear the opinions and arguments of others, even though they are logical and reasonable. Blessed is he who truly endeavours to make his students true
Brahmacharis. I shall serve you. When a desire manifests, cogitate, think well. Introduction It must be remembered that Karma, Bhakti, Yoga and Jnana do not mutually exclude each other. It purifies your heart and prepares the Antahkarana for the reception of knowledge of Atman. Therefore if a man has even a tinge of selfishness he cannot detect
what is right and wrong. A man desires, thinks and acts. India was very familiar to her. If one does this Yajna with Prem, Shraddha and Bhava, he will have the same experience which an Advaita Vedantin has through Sravana, Manana and Nididhyasana. The one thought of the deer only occupied his mind when he was about to die. He developed some
powers through these practices. Why is there so much divergence between the promptings of conscience of two persons of the same caste, religion or creed? Give up gambling, meat-eating, drinking, cinema and smoking from this very second. This is the law of Nature. Another qualification is that he must have a balanced mind. If a vagabond enters
the house and tries to molest a lady, a householder cannot keep quiet. One man asked the girl to marry him. Hear their views also with love, sympathy and attention and give them a place. Lord Krishna says: "Whosoever at the end leaves the body, thinking of any being, to that being only does he go, O son of Kunti, because of his constant thought of
that being." Ch. VIII-6. It appeals to reason. In the second Sloka he prescribes the Karma Nishtha for householders, who are not competent to follow the path of renunciation by taking Sannyasa. The practice of Svadharma brings one Moksha and exaltation. As cooking is not possible without fire, so is emancipation not possible without Brahma Jnana.
Sri Sankara refutes the theory of Samuchchaya-Vada. The first is the Sanchita Karma, the sum total and storehouse of all our actions, good or bad, in the innumerable past lives that we have left behind or from the time we began to discriminate right from wrong and thus started acting on our own responsibility and with our own initiative. Do not keep
company with fashionable people. By continence, devotion to the Guru and steady practice, success in Yoga comes after a long time. They do not make any progress in the end. He is in a dying condition. Raja Yoga brings Jnana. One day the poor
man brought some rice and dhal. The wise should not disturb unknowing persons of petty understanding. Moreover, the vices and bad practices which are ruining their health are on the increase among students. The past Karma influences the present life in two ways, first in the form of character or tendency internally and as fate externally. Three
once appealed to the Sannyasins at Hardwar in this regard and Pandit Jawaharlal Nehru, the then President of the Indian National Congress addressed a mammoth meeting of Sadhus and Sannyasins last year at the same place and in a similar strain. He who has done meritorious services in his previous incarnation, he who has shared what he had
with others, he who has helped the poor and the needy, he who has done worship, meditation, Yogic Kriyas and Pranayama in his previous birth, enjoys sound health in this birth. My Prana entered the Brahmarandhra at the Moordha, Then I looked with God's eyes, only God I saw. God and Purushartha are synonymous terms. During Cosmic Pralaya
these three Gunas exist in a state of equilibrium. I am Nirlipta. The soul of man is powerful enough. In future do not look to the faults of others. Anything done under compulsion and expectation is not duty. Householders should be very cautious and should not be led away by the external physical nudity of some Sadhus. There is always a double life in
Nature, the Asuric and Daivic. You must gradually bring the ideal to the realisation of God or Brahman. Many spoil their work by doing it in haste without reflection or consideration. You have heard Kathas, discourses and exposition of the Gita, the Ramayana and the Upanishads. He will come out of the field with spiritual laurels,
Atmic victory and Atmic Svarajya. The old habits will try to return, resist, persist and recur. Many new rules are framed to check and repress the riots. Perfect love is knowledge. Practise! Realise! Realise! Realise! Realise! Realise! Realise! Realise! This is your highest duty. Your heart will be filled with mercy, sympathy and pure love. The rights and ceremonies of the Romans, Druids
teacher should feel the high responsibility of his position in the educational line. They at once shave their heads, put on coloured clothes and remain in a cave, posing as great Munis or Yogis. Have a strong determination and strong will. He will soon receive the divine light. Among the lower animals themselves one is found happier throughout its life
span, from the moment of its birth, than another? Then only will he realise immense benefits. How many hours did you observe Mouna? Keep the body-flute hollow by emptying it of your egoism. I live in a huge mountain of sugar. No phenomenon can escape from the operation of this mighty law. Ignorant people hate others when they see them doing
something that they themselves are not doing. You can conquer Nature. Kindly order me any service." The Sannyasin asked him some questions on Vedanta. Talking with a woman will create a desire to touch her. I do not know what to do. The minds of students are saturated with materialistic poison. Never hurt the feelings of others. Nishtha
develops will-power. Of the two which is better? Every action that you do produces a twofold effect. He who sows paddy reaps paddy. When you annihilate this little mind, when you are some annihilate this little mind, when you are
intellectual calibre, and in physical and mental strength to do things. Why is one man born rich and another poor? You will find again in the Gita: "Knowledge, the knower form the threefold impulse to action," Ch. XVIII-18. If one has this qualification or
merit, all other merits will cling to him. He feels no strain or burden in the discharge of his works now. Self-control is a thing unknown to them. These couplets are 1330 in number. Modern education tends to develop the intellect only. There are various shades of opinion. I must also join in this Yajna. In reality all is Prarabdha only. Secret of Karma
Yoga Attachment is the first child of Maya. I will join any Seva institution and render free service till the end of my life. There have been boy-mathematicians. He is a ruffian.' The butcher read the thoughts of the Sannyasin and said: "O Swamiji! Did that lady send you? O Lord! Forgive all the sins that are committed by the hands and feet or the tongue
(speech) and the body, or the ears and eyes, or the mind, whether Vihita (lawful) or Avihita (forbidden). If we deny pre-existence and rebirth and take into consideration that life begins with this birth only and ends completely with the death of the body and there is nothing more, then it will be no compensation for the virtuous man who has done noble
actions and for the wicked man who has done crimes. Have courage, fixity of mind and a definite purpose in life. It is bondage. Be tolerant and generous towards all. Greatness cannot be achieved without sacrifice both in the physical and spiritual planes. A clerk or an officer earns money by taking bribes and when his conscience pricks him, he feeds
some Brahmins and says: "I have done a great duty today. Why should one get His Grace before he is born? I am sincerely devoted to my husband. Do not be carried away easily by all sorts of desires through emotion. Yet I have this terrible disease, asthma." This is incorrect and unreasonable. Think more about your duties and less about your rights.
Make them true Brahmacharis. This Inanagni or fire of wisdom burns all fruits of action. A robber robs for getting freedom from want, but his movement may be crooked and circuitous. "Therefore at all times think upon Me only, and fight. That man who has knowledge and devotion can alone do really efficient service to the country and the people. A
doctor who works in the hospital should think that all patients are manifestations of God. It passed excreta on the head of the Sannyasin. Mould your character. The vast majority should combine meditation with action in the beginning. Allow the divine energy to work unhampered through your instruments. Lord Krishna says: Tasmat sarveshu kaleshu
mamanusmara yudhya cha; Mayyarpitamanobuddhir mamevaishyaisyasamsayam. He is hired for money. There was a great assembly of persons to hear her statements. The force of these Samskaras will again propel you to do some more good actions. The wife of the bird witnessed the noble action of the husband. He who suspends or restrains the
breath, restrains also the working of the mind and the movement of semen. Self-Surrender "Whatever thou doest, whatever thou doest, white doesn't have the doesn't ha
be dragged. Just as you can build your good or bad character by sublime or base thinking, so also you can shape your favourable or unfavourable or unfavourable to grasp the antecedent or cause of a suffering or event. Sarvam
karmakhilam Partha jnane parisamapyate. The law of the conservation of energy is true in the physical as well as in the spiritual world. The progress you can call it. Be humble, patient and persevering. 16. If one sows the virtue of mercy, he reaps a good harvest of mercy. Some aspirants keep within themselves some
hidden subtle desires, greed, Moha and pride. Karma Yoga elevates a man to sublime, magnanimous heights. Mark here the glory of the poor Brahmin and his remarkable spirit of self-sacrifice! He was an ideal householder. He is dull and feels sleepy. 6. The Bhakta depends upon the Lord. Within three months she forgot all about her parents and
native place. Then only they can evolve quickly. There is no world for that Jnani or Yogi who has subdued these two Vrittis. But you will have to do it anyhow. Many great souls have come and gone. Killing of animals for food is a great sin. "Restraining and subduing the senses, regarding everything equally, in the welfare of all rejoicing, these also
come to Me." Gita: Chapter XII-4. You are polluting me. O Chandala! Drink only the water from the lower portion of the river." Look at the petty-mindedness of the learned Pandit! The Chandala is at the point of death. As cooking is not possible without fire so is emancipation not possible without knowledge of the Self. It serves as a gateway to bliss
beyond. He can immediately supply a thousand and one Tilaks, Newtons, Shakespeares, Napoleans, Valmikis and Yudhishthiras. He conserves and regulates energy. Is he so biased? The wife wants to appear beautiful in the eyes of her husband. An Ideal Karma-Jnana-Yogi A Sadhu went to the court of Raja Janaka and observed all his manifold
activities. He was so poor to buy tea that he drank water instead. This is doubtless uphill work. Then you will feel the lightness of the work. VII-205. If the sexual energy by pure thoughts, it is called sex-sublimation in Western psychology. The man remains in the same miserable state. The restlessness of the
world is due to too much talking, gossiping, backbiting and scandal mongering. They are changing according to the state of life, stage of mental growth and evolution of the individual, time and circumstances, and the country in which one lives. On the contrary, Jnana intensifies Bhakti. I appeal with folded hands to the readers of this book to start
practising Karma Yoga in right earnest after digesting and assimilating the truths and ideals that are inculcated herein. Raja Yayati said: "O son, I have enjoyed with your youth to the full extent of my desires and to the full limit of my powers and according to their seasons-but desires never die. But they do not say that what is now found in the more
advanced state of being must, in its essence, have been in existence formerly and must have been then in a less advanced condition. The law of Karma is inexorable, unrelenting and immutable. It is nectar. Ignorant people foolishly imagine that knowledge comes from without. I shall keep you in the Gherua (orange-coloured) cloth, with holy thread
and tuft of hair for some time. God is Satchidananda (existence-absolute, knowledge-absolute, knowledge-absolute, but the wave of influenza still continues in various parts for a long time. They are absolutely nude. Why do you bother much about Upadesha? Even the man of knowledge or a
Jnani behaves according to his own nature. Each small part or machine does its own allotted work. Then there will be no room for grumbling or lamentation or misapprehension. One of the Pandian kings spent two lacs of rupees in doing Utsava of Lord Soma Sundareshvar in a certain year. Bad character can be transmuted into good character by
means of good thoughts, and unfavourable circumstances by doing good actions. It is the sweet messenger from God. Then they can bear the rigorous austerities of an ascetic's life. Both have a onesided development. If the teachers train their students in the right direction, in the path of righteousness,
the world will be filled with good citizens, Yogis and Jivanmuktas who will radiate light, peace, bliss and joy everywhere. Under pressure of Yoga and meditation various kinds of impurities in the mind come out, just as the dirt of a room that has been shut up for six months, comes out when you carefully sweep. Your births and environments are
determined according to the nature of your desires. Iccha is desire. Syed, M.A., Ph.D., D.Litt. It is our own Karma that brings joy, misery, pleasure, pain, gain, loss, success and defeat. Some dig tanks with the motive that their names will be remembered even after they die. Go to the root and purify the thoughts first. One must be patient and
persevering. In the previous two Slokas He asks Arjuna to abandon all duties. He should put his whole energy, nerve-force and will in the realisation of his ideal. This is the ideal of Virochana. In the beginning it may recur less frequently and last for a long time. The doctrine of Karma affords a most rational and scientific explanation of what is called
fate. How could it be that a child, who has not experienced this liability to death in the present life, should, as he is falling down from the mother's lap, begin to tremble and hold with his hands tightly the necklace hanging on her breast? He who does selfless service without expectation of fruits of any kind becomes a powerful Yogi. 'Svadharma'
means one's own duty in accordance with the Varnashrama or caste and order of life which are founded according to the Gunas or qualities born of the nature from him. It is all destiny. Sacrifices that are done for getting rain, and the offerings to fire for obtaining
Svarga, are examples of Kamya Karmas. But, slowly when he grows in purity, some of his actions will turn out to be unselfish. God works through my hands, eats through my mouth and sees through my eyes.' 5. It infuses evil thoughts, lust, greed and devilish tendencies. That which gives you comfort and pleasure, that which is beneficial to you, to the
world and your neighbour, is good. Man has duties towards parents, children and other family members. He who spreads pain to others will, doubtless, get such unfavourable circumstances, according to the law of Nature as can bring him misery and pain. By the persecution of the wise men and destruction of innumerable works in the library of
Constantinople, the Church hierarchy managed to plunge the whole of Europe into mental darkness which has given the world the black record of the inquisition and the loss of millions of human lives through religious wars and persecutions. He can actively mould the future instead of passively suffering the past. I want my readers to read this
chapter over and over and understand the full significance of Karma Yoga. He may have a big almirah of mill-made clothes, Carefully note beforehand what will be the consequences of your thoughts, speech and actions, An Akhanda Brahmachari has strong Dharana Shakti (power of grasping), retentive memory (Smriti Sakti) and Vichara Sakti (power of grasping).
of enquiry). Then the thought made its appearance. He should practise strict forbearance and forgiveness. If the aspirant has the nature of being offended easily over trifling things, he cannot make any progress in meditation. A Jivanmukta is a dynamic personality with full powers. Pythagoras, the Grecian sage preached: "Do not kill or injure any
creature." He condemned meat diet as sinful food! Just hear what he says "Beware, O mortals, of defiling your bodies with sinful food! There are cereals, there are fruits, bending their branches down by their weight, and luxurious grapes on the vines. It is a golden fetter. Hence they do not make any progress in spirituality. The pure, strong,
irresistible will is bound to succeed ultimately. Krishna gives a command to Arjuna, an assurance and a consolation. Choice is the assertion of freedom over necessity by which it converts necessity to its own use and thus frees itself from it. The bondage of Karma arises on account of tendencies, and the most predominant of these determine the type
of the body which the soul would make for itself in its future incarnation. But you must not cut such jokes as would wound the feelings of others. Even during the course of one life, do we always remember our past doings? He can visit his wife occasionally for bringing progeny to keep up the line and not for sensual gratification. A full-blown Jnani is
above Vidhi and Nishedha. This is your highest duty. The Karma Indriyas cannot work independently without the healthy and willing co-operation of the mind. The question of birth-control becomes very difficult in the case of those who take meat diet. He exists in the past, present and future. He wants everything for himself, and wants to exploit and
domineer over others. Exact, implicit, strict obedience to the instructions is expected of you. Every Monday I prepare a little Kheer with some broken rice and black sugar and offer it to Lord Siva. It needs no saying that a man of ignorance acts according to his own nature, because he does not know how to control it. How have you renounced the
feeling of 'mine-ness' in this kingdom of your ancestors, which you are ruling?" Janaka replied: "Everything is perishable on the physical plane. "Our own apathy, indifference, lack of patriotism, communal and caste dissensions, mutual hatred, suspicion and strife, have been the main cause of our present and past degradation. Even an atom cannot
move without Thee. There is racial degeneration. Lord Krishna says to Arjuna in emphatic terms: "O Arjuna, work incessantly. Do not assert for rights in this physical, illusory plane. Sri Jnanadev wrote his commentary "Jnaneshwari" on the Gita when he was fourteen years old. Our effort is therefore our destiny (II-6-2). I am infallible." He will never
admit his mistakes. Live in the company of dispassionate Yogis, Sannyasins and Mahatmas. He must serve with Nishkamya Bhava as an honorary member. It brings a host of ailments such as tapeworm, albuminuria and other diseases of the kidneys. This is the ideal of Asuras and Rakshasas. How can a man of luxury, with his Indriyas revolting, serve
others? This is perfect misunderstanding of the laws of Karma. An advocate of Lahore once asked me: "Swamiji, you say that the law of Karma operates with unerring precision in all men. This retards his spiritual progress. I am always serving humanity. Remove Raga Dvesha and rest in peace. After enticing men, they keep quiet. Without
Brahmacharya no spiritual progress is possible. Take your own time, it does not matter. Even scavengering, when done with the right mental attitude as described above, will be always on your alert to safeguard yourself. If people do
actions for the sake of the Lord, then they are not bound. "The Lord dwelleth in the hearts of all beings, O Arjuna, and by His illusive power, causes all beings to revolve as though mounted on a potter's wheel." Gita: Chapter XVIII-61. A drunkard exists to glorify a teetotaller. Who is to suffer? If the Yogic student who practises meditation is gloomy,
depressed and weak, surely there is some error in his meditation. They should give up timidity and shyness in getting alms. Then you will determine to give up meat-eating. A Jnani practises self-denial. Do not covet anybody's wealth." This is the path of Nivritti Marga for Sannyasins. Scientists are carefully observing the phenomena of Nature and are
trying to find out the exact causes of all that take place in Nature. Fie on those miserable wretched Brahmin Pandits who are petty-minded and narrow-hearted! Glory to large-hearted Pandits! 5. I am your friend and well-wisher. Markandeya changed his destiny through Tapas and worship of Lord Siva. You will have to take recourse to drinking milk,
to eating fruits, aphrodisiac confections, etc. (2) Happiness in the higher regions, during the period between the death and rebirth in this physical world. Remember that God is neither partial nor unjust. 4. This is a sad mistake. Nothing which is inherent in anything stands in need of a cause. Thoughts change, habits change, character also changes.
This is a fallacious argument. Man is ignorant. If the Karma is of an exceptional nature, the thinker may even be made an office-bearer with an authority in such higher regions. "All actions in the entirety, O Partha, culminate in wisdom, says Lord Krishna to Arjuna. He had not a bit of attachment. The look must be perfectly chaste, Lord Jesus says: "If
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you have a lustful look, you have already committed adultery in the heart." One should not even dream of touching a woman with lustful desire. What are they? The Rajasic people occupy a middle place and the Tamasic people go downwards, shrouded in the vilest of qualities. Ladies can have Darshan of God easily, if they turn their minds to the
spiritual path, as the element of love is predominant in them. It is quite possible for a man to practise celibacy while remaining in the world, albeit there are various sorts of temptations and distractions. Success in meditation is not possible without eradication of these undesirable negative qualities of the lower nature. Why do you serve the poor and
the needy and the suffering humanity at large? I will get an exalted place in Svarga, etc. Modern civilisation has enfeebled our boys and girls. Search Him inside your heart and obtain His Grace. A Karma Yogi knows the secret of work. As the burning fire reduces fuel to ashes, O Arjuna, so doth the fire of wisdom reduce all action to ashes. Be happy
as those who live for happiness. I will undo it by Vedantic practice in the field of Karma Yoga. Even a scavenger, cobbler or washerman can attain
the highest good or God-consciousness by discharging his duties in an unselfish manner. Otherwise some sort of subtle connection will always remain. Do not speak even a single idle word. They should be nipped in the bud through the practice of forgiveness, love and sympathy for others. This view is known as the Samuchchaya Vada, because the
theory entails a conjunction of two means for the realisation of one end. 26. You can become identical with the Law-giver and then the law of cause and effect will not operate on you. Lord Jesus also means that John reincarnated as Elijah. I worship them daily. It fills the heart with sympathy. That is the reason why they fail to attain success in Yoga
or Jnana. Even Isvara applies to his forehead the dust of the feet of a genuine celibate. Care for the everlasting Reality only. The rivers supply good sparkling water to people. He says: "Unattached thou perform action." Ch. III-9. It is the connecting link between the cause and effect. How is it that only a mango tree comes out of a mango seed, a
Jambu tree from the Jambu seed, an apple tree from an apple tree from an apple seed? Worldly people always work with attachment. Spiritual help is the helping forces to serve his ends in the best possible manner. An advocate was a terrible smoker for a period
of fifteen years. The world would fall into ruin if I did not perform action. Is He so whimsical and eccentric? Thus he puts a check on the Vak Indriyas or instruments. Raja Janaka had his Nishtha in Karma Yoga. He erected a small
building for him and made arrangements for his food till the end of his life. The tree comes out in accordance with the law of compensation. Those who are Rajasic are Kshatriyas; those who are Rajasic are Kshatriyas; those who are Rajasic are the Sudras. If some occasional batches of Sannyasins come out from their retreats and work in the world
vigorously in a systematic manner according to their capacity, temperament and taste, we will indeed have a new and glorious India, full of new religious of the Persian Unagi. O Lord! Thou ocean of mercy, O Pasupati! Do accept these offerings conceived in my mind, viz., a
Simhasana adorned with precious rubies, a pleasant cool bath, a splendid garment adorned with various gems, sandal-paste scented with musk, a garland made up of jasmine, Champaka flowers and Bilva leaves, incense and light. There is no necessity for him to be born as an animal for the sake of demerit. The fight begins with a few hot words and
ends with lathi charges, stabbing and murder. It entails complete dedication. Some perform certain Yajnas for getting a son. So is the mind. I have spent a large sum of money in the worship of the Lord. Can you stop all correspondence with your friends? This Yogi of equanimity or evenness of mind now understands fully the fundamental principles
that govern all bodily actions. Further, what is the cause of growth or evolution? 15. I will work out my salvation. A Karma Yogi should be strictly free from the evil habit of smoking. This is the royal road to perfect meditation and Samadhi. Should be strictly free from the evil habit of smoking. This is the cause of growth or evolution? 15. I will work out my salvation. A Karma Yogi should be strictly free from the evil habit of smoking. This is the royal road to perfect meditation and Samadhi.
destroys many sins. Nishkamya Karma Yoga In the practice of Nishkamya Karma Yoga, there is no loss of effort. Any intoxicant breeds a bad habit soon and the man finds it difficult to give up the habit. Married electrons manifest in pairs. No one will help you. Unless he cares to till the ground, sow the seed, water and manure it, he would not be in a
position to enjoy the fruit of his toil. Several cases like this have occurred in Rangoon, Sitapur and various other places. If there is internal change, the external change is bound to come. Mere intellectual development is nothing. It is an undisputed fact that it is almost a Herculean task for the man in the street, blinded as he is by worldly desires of
diverse kinds, to forge his way to realisation of God. Our present character is the outcome of our past, and our future will be shaped by our present acts. Police forces are brought in. Social workers try to end prostitution. It is quite obvious, therefore, that unfavourable environments cannot annihilate the potential greatness and excellence of the
future geniuses and that one can outgrow environments through diligent application, integrity, sincerity of purpose, iron will and strong determination. Their progress was stopped. Then you are a Jivanmukta or a liberated sage even while living. The sum-total of the tendencies of a man is his character. For if I mingled not ever in action, unwearied,
men all around would follow My path, O son of Pritha. 13. O teachers and professors! Wake up now. Nishtha helps quick growth and rapid evolution. The human agent is free-he is not the plaything of fate or driftwood on the tide of uncontrolled events. If you get wet-dreams, have a plunge-bath in the morning. No duty or work is impure or degrading
Ahimsa Paramo Dharmah-noninjury is the highest virtue. The pain you inflict upon another will rebound upon you and the happiness you radiate to another will come back to you, adding to your happiness. The past may become an opportunity or an obstacle. Karma is everything for a student of the Mimamsic school of thought. Freedom is
immortality. None can say that there was a beginning for the existence of the power of Maya in the Self. He should take great care of the body, but he should not have the least Moha or attachment for it. To avoid this difficulty knowledge is credited with powers of destroying Karmas. Live every second for the realisation of the ideal and goal of life
Serve, love, give. Do not expect approbation and applause. This will conserve his energy. It behoves therefore that Bhakti can be combined with much advantage with Jnana. In popular language this doctrine means predestination, pure and simple. They observe different natures, bodies and objects in the universe occupying different positions in some
respects and seeing that one is more 'advanced' than another, they make regular scales noting the different degrees of advancement. What will you say to the God of Death at the time of your death? Purushartha Versus Prarabdha One philosopher says: "It is very difficult to say how Purushartha brings results and how it operates." Another
philosopher says: "Everything is prearranged in the grand scheme. The ignorant man is an instrument in the hands of his Samskaras and Karmas. What is the state of your mind when you attend a ball or nautch party, or when you read the 'Mysteries of the Court of London'? You will be entrapped in the never-ending wheel of birth and
death. Karmas manufacture character and character and character manufactures will. He has duties to his own self, and Neti, In Dhouti and Vajroli, in Bhastrika and Kundalini, only God I saw. Even so, man does evil deeds and reaps
the fruits of pain. A man may be intensely attached to a small piece of Kowpeen or a stick or a small tumbler or to his body, although he has left his family and property. It is perfectly moral for him to smoke. Your motive in learning the Vajroli Mudra must be pure. I desire to get a blanket.' Then he begins to think
where he can get it. The Law of Karma only can explain beautifully the inequalities of this world, such as why one is very dull while another is a genius or a versatile prodigy, one is born decrepit while another is a saint, one is very dull while another is a genius or a versatile prodigy, one is born decrepit while another is a saint, one is very dull while another is a saint, one is very dull while another is a genius or a versatile prodigy, one is born decrepit while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint, one is very dull while another is a saint while another while another is a saint while another while another
Aspirants' contains many valuable practical hints. "For a sage who is seeking Yoga, action is called the means; for the same sage when he is enthroned in Yoga, serenity is called the means." Ch. VI-3. Hear My conclusions as to that relinquishment, O best of the Bharatas, since relinquishment, O tiger of men, has been explained as threefold. Therefore
the all-permeating, the eternal, is ever present in sacrifice." Gita-Ch. III-14, 15. Sit in the Central Library at Baroda or in the Calcutta Library for six years with a dictionary at your side, you can develop your intellect. He attains knowledge of Brahman and through Brahma Jnana, liberation or Moksha. What is the earthly use of his Khatha-Sastra,
learning and knowledge? No event can occur without having a positive, definite cause at the back of it. Energy is indestructible. Let this virtue be ingrained in your heart, in every cell, in every of actions. They remain
unmarried. They are the adversaries of a man or aspirant. He will have no attraction for women. As the original unit cell is the earliest and lowest state of the physical body, thoughts of one's own interests alone belong to the lowest state of the physical body, thoughts of one's own interests alone belong to the lowest state of the physical body, thoughts of one's own interests alone belong to the lowest state of the mind. Mark here how valuable this fluid is! Brahmacharya is the basis for acquiring immortality. One harsh
word or a mild rebuke breaks a longstanding friendship and results in fighting and actual bloodshed. Though I am in this world, I am out of the world always. There is mental weakness. Flee unto Him for shelter, O Bharata; by His Grace thou shalt obtain supreme peace, the everlasting dwelling place." Ch. XVIII-66, 62. Unselfish service of any kind,
platform lectures or any kind of public activity will surely bring name and fame. This is Jnanagni or the fire of devotion that destroys the fruit of action, brings about Chitta Suddhi, knowledge of the Self and final emancipation. Bhakti, it must be borne in mind, is not divorced from Jnana. 17. Be grateful to that man who gave you
a chance to serve. It is the summum bonum of life. This sacrifice of Yudhisthira has not turned the other half of the body into gold. People of gigantic will have to work for others also without expecting anything. You can cross the river
without a boat." Tiruvalluvar, a sage of South India gave the same instructions to his wife to cross a river as Durvasa did. That by which one wrongly understands Dharma and Adharma and Adharma and Adharma and Adharma and Adharma and Iso what ought to be done and what ought not to be done.
devotee freed from attachment, without hatred of any being, he cometh unto Me, O Pandava." Ch. XI-55. Selfless work is Yoga. There is nothing in the world which cannot be achieved by man by right sort of efforts." (III-96-8). Herein lies a strong impetus for the man to struggle and exert for improving himself. Think before you speak and see whether
what you are going to say will not hurt the feelings of others, whether it is sensible, sweet, truthful and soft. Blame yourself first. Tap the very source, the storehouse of cosmic energy. There is an urge or stimulus from within to work. What possible motion in the brain causes the idea 'I am I'? You must be ready to leave any work at any time. Jnana is
the path of Vedanta. She said that ever since she landed in India she was quite at home in the country. Later on he repents. This is my ideal." All are quite correct according to their capacity and standard. O sweet beloved Paramananda! Feel this. You will get abundant rain this year and rich harvest. A real Sannyasin should not defend himself even
when his life is in danger. He rose from poverty to power, from a field-labourer to the edifice of bliss and unalloyed felicity. A Brahmin or a Sannyasin should not kill anyone even for protecting himself during times of danger. There is desire behind thought. It is a state of equilibrium of the
three humours of the body, viz., Vata, Pitta and Kapha (wind, bile and phlegm), wherein the mind and all the organs of the body work in harmony and concord, and the man enjoys peace and happiness, and performs his duties of life with comfort and ease. Work for the world unattached like myself. Millions of people are attracted unconsciously
towards them, even when they are in very poor dress. This is Yoga. Many people fall a prey to their desires and are tossed about hither helplessly like a straw in the wind. There is cumulative effect of nicotine from protracted smoking. A seed sprouts and comes out with leaves, stems, twigs and flowers. But Brahmacharya is the most
important of all. The presiding deity of the Vak Indriya is Agni; that of the hand is Indra; that of the feet is Upendra or Vishnu; that of Upastham is Prajapata; and that of Payu or anus is Mrityu. They are yet Babus. Sattva is intense activity. Sri Sankara, a Kevala Advaita Jnani, was a great Bhakta of Lord Hari, Hara and Devi. When a great Jnani gets
illumination through direct intuitive knowledge, that he is not the five sheaths but transcendental to them and also their witnessing intelligence (Sakshi), the Atman, then the sheath only; they can no longer enchain the liberated Inani. He does various sorts
of wicked actions. He who seeth inaction in action, he is wise among men, he is harmonious, even while performing all actions." Ch. IV-16, 17, 18. She has to serve him nicely in all possible ways. In this manner all actions can be spiritualised. He cannot do a single wrong action. He can have a knowledge of the laws of the mind,
also the nature, habits and ways of the mind. Pride is inveterate. In a philosophical sense, even breathing, seeing, hearing, tasting, feeling, smelling, walking, tasting, feeling, 
daily sacrifices are prescribed for householders to wash off these sins. You are really doing good to yourself because there is nothing but the Self. Serve all. In the course of time, we shall again see the eclipse of downfall, servitude and thraldom, and we shall once more be free and great as our forefathers were." 2. A good time will come when all your
actions, hundred per cent, will be purely unselfish. The difficulty that you encountered in Sloka 33 is now obviated. Think not of destiny but act thyself. Eventually they lose everything and return home with black or weeping faces. Was it good? This body is like a big wound or ulcer with various filthy discharges. They will be moral and virtuous and
have a happy, peaceful and contented life. I rolled myself on those particles. The theory of transmigration only could explain all these things. He need not depend upon anybody. He wants to free the dog from pain. Mind is evolving every second. My mind is only the gallows all the time. Apurva or Adrishta is an unseen or hidden power in action which
gives fruits. This is the difference between a worldly-minded man and a trained Karma Yogi or a Sannyasin who works for the Lokasangraha or uplift of humanity. He says: 'Winter is very severe now. Then the meaning is quite clear. Even if the attraction dies, the longing (Kamana or Spriha) or hankering for the object will continue to remain. He has a
magnetic aura in his face and lustrous eyes. He has morbid eyes. This is the most difficult Sadhana. Renouncing mentally all works in Me, intent on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, intent on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination, have thought on Me, resorting to the Yoga of discrimination of the Yoga of discrimination of the Yoga o
potter's wheel." Ch. XVIII-17, 56, 57, 61. Practice of Svadharma will surely lead to the attainment of God-consciousness. Falsehood exists to glorify truth. Just as metals and chemicals are purified by heating, so also the sexual energy is purified and changed into divine energy by spiritual Sadhana, by entertaining sublime, soul-elevating thoughts of
the Self or Atman. Non-attachment is Ihamutrarthaphala-bhogaviraga-indifference to sensual pleasures of all kinds, herein and hereafter, which is one of the items in Sadhana Chatushtaya, or the four means of salvation for the aspirant on the path of Jnana Yoga or Vedanta. He must do Sandhya, Nitya and Naimittika Karmas. Become silent. That sage
who tries to remove the ignorance is the highest benefactor of the world. He should not refuse to work. They are always full of misery. Real meditation gives immense inner strength. Just as the daily life of a man has connection with the previous
and future lives. I must not injure others. "The three aspects of the Law of Karma should be grasped clearly. When they advance in meditation, work must be completely stopped. "He who seeketh that Prakriti, verily performeth all actions, and that the Self is actionless, he seeth." Ch. XIII-29. Any action is bound to react upon you with equal force and
effect. Karma is an energy which an embodied being generates-be it vital, mental or moral-and which keeps him in the mundane world, the Samsara. One small life is a part of the long series that stretches behind you and in front of you. It is the only specific that keeps up true manliness. The child grows, attains boyhood and adolescence, begets
children, decays and dies. His thoughts and actions are now of God Himself. This idea of freedom is ingrained in the mind of every man. It opens the door of Moksha. There is one omnipotent Isvara who controls and guides this universe. Purify the inner motive which directs your activity. Even a forlorn and helpless man is made cheerful when he
understands this doctrine of Karma. Real spiritual progress starts in Nishkamya Karma Yoga. Never say: "My wife, my son, my house." Attachment is the root cause of the whole miseries and troubles of this world. The consciousness of the Self makes a man feel that he is ever free. Law of Causation All the phenomena of Nature are governed by one
important law, the universal law of causation, which is also known by the name, the Law of Karma. The swelling up in the number of Sannyasins at the present moment is due to the failure of the householders in the discharge of their duties. Discipline of the Indriyas is necessary. Without the Prana, they cannot move even a fraction of an inch. If the
mind is well controlled, Prana and Veerya are automatically controlled. The king should always raise his rod of chastisement to keep peace and order in his country. There flashes out knowledge. The Gita says: "He who is free from the egoistic notion, whose reason is not affected, though he slays these people, he slayeth not, nor is he bound." Ch
XVIII-17. Sympathy, love, the spirit of patriotism and service will be developed. This is the highest goal of life. The eighth chapter makes the book really useful. You will find in the Gita: "All actions are wrought by the qualities born of nature only. It is otherwise known as necessitarianism. Though the self is not free
from the bonds of determination, it can subjugate the past to a certain extent and turn it into a new course. "The fire of wisdom reduces all actions to ashes." Ch. IV-37. Live a life of utter devotion to service. Respect life as those do who desire it. C. I shall make you jolly. Kindly give him this portion of food. Work elevates when done in the right spirit
without attachment or egoism. A proper understanding of the Maya-Vada is very necessary. The Brahmin opened the door and found a guest. As you have planted the tree, so will it grow. The probationer will begin by trying to be careless of the results brought to him personally by his actions; he will try to do his very best and then rid himself of all
feeling as to the reaction on himself, taking equally whatever comes. Bandhuratmanastasya Yenatmaivaatmana Jitah Anatmanastu Satrutve Vartetatmaiva Satrutve Var
circumstances wherein you will be forced to exhibit courage and presence of mind by risking your life. Why does another possess evil character? Sloka 66 is the most important verse in the Gita. It is this body that contains the impressions of Karmas. You cannot draw a picture without a canvas or wall. Eventually you will obtain Sreyas or supreme
good, the attainment of knowledge of Brahman. Even during holidays I have to work. If the mind and Prana are not restrained, all the Indriyas, organs of sensation and action keep actively engaged in their respective functions. Some work for getting power. It is momentary. They do mischief to other people. Man, master of his destiny, has lost his
divine glory and has become a slave, a tool, in the hands of sex and ego on account of ignorance. He has no particular object in view. The whole nature is under your control." Vasishtha also asks Sri Rama to do Purushartha. Whatever I do is correct. Then he applies himself diligently and exerts to obtain these objects. He realises that whatever is
going on in the world is but the Lila of the Lord or divine sporting. Aspirants should run away from places where vicious songs are sung. Chapter Six Garland of Karma Yoga 1. Highest Self-Sacrifice King Yudhisthira performed a great sacrifice (Yajna) after the battle of Kurukshetra was over. He will have a thousand and one Sankalpas in the mind. He
thought within himself: "I am a great devotee of Lord Siva. The ideal of 'eat, drink and be merry' is adopted by the Epicureans, the gluttons and rich people. A Brahmin should observe serenity, self-restraint, austerity, purity, forgiveness, uprightness, wisdom, knowledge and belief in God. How can the everlasting future of man be made to depend on
that one small, little, insignificant life? If you do evil deeds there will be evil impressions in the subconscious mind, and you will have a bad character. You will have to cultivate and develop this pure reason and equanimity of mind. You cannot write anything without paper. Reflect and cogitate. It is very sacred. All evil actions and evil qualities proceed
from anger. According to the science of Yoga all physical diseases take their origin in the diseases of the mind, from an unhealthy state of mind. There is no use. He will thus have his old strong desire gratified now. I have become a holy person.' Assert, whenever such negative thoughts of sin trouble you: 'I am the Nitya Suddha, ever-pure Atman.
Hear the words of assurance of Lord Krishna in the Gita: "Even if thou art the most sinful of all sinners, yet shall thou cross over all sin by the raft of wisdom. Purify yourself, and get the moral qualifications, Brahmacharya, etc. Jati (caste), longevity of life, Bhoga (enjoyment), are all due to Prarabdha. I cannot see the eye of the needle. I am the all-
pervading Truth or pure consciousness." This is Purushartha. He will become an embodiment of goodness. But it become Tamasic. They may be dressed in silken gowns or dinner suits in up-to-date fashion and style with stiff double collar ties and bows,
but you see in their faces cheerlessness and ugliness. It is the mind that makes a heaven of hell and a hell of heaven. After some time he arrives at a stage when he finds it extremely hard to manage with a few cigarettes. If Indian people are to rise from their present state of degradation and shake off the fetters of their thraldom, it is time that they
clearly tried to understand the true meaning and philosophy of actions and the reign of the Law of Karma, by which the whole human race has to evolve. An ignorant Jiva commits these mistakes during the course of his journey in this world on account of Avidya or ignorance. Achara is the highest Dharma. If the actions that I perform now are the
outcome of my past thoughts, and if my past thoughts, and if my past thoughts are the resultant of my desires of the still distant past, am I not helplessly bound? Otherwise he will become slothful and dull." The man who advocates the theory of Purushartha says: "Am I a straw to be tossed about hither? Aspirants should introspect and watch their minds. There can
be no half measures in the spiritual path. A Jnani who rests in his own Svarup, who rejoices in the Self, has nothing to do. Again and again it manifests although the wave subsides temporarily for some time. Your present sufferings are due to your own bad Karma in your past life.
Why should a sinner be responsible for his actions? Nitya Karmas-daily rites. A very small minority only have attained this sublime exalted state. This is Jnana. The Pranas and the five organs of action, viz., tongue, hands, feet, genitals and anus are formed out of the Rajasic portion of the Tanmatras. A true Brahmachari only can acquire Jnana. He
stood adamantine on the rock of Atma Jnana. Let the student refrain from wine, meat, perfumes, tasty dishes, garlands, company of women, and from injury to sentient creatures. Get Brahma Jnana or divine knowledge, and distribute this knowledge everywhere and remove the ignorance in men. Karma in the Jain Philosophy Karma in the Jain
philosophy is divided into eight classes: those which act as an impediment to the knowledge of truth; those which produce bewilderment. The whole beauty of this world is a mere shadow or reflection of that fountain-head of beauty
Conduct is the cause of the quality of new birth. You will attain Moksha through attaining Chitta Suddhi or purity of mind. Someone wants to murder her to take away her jewels. Then only can he grow in spirituality and meditation. I have heavy duties in the office. "Even if the most sinful worships Me with undivided heart, he too must be accounted
righteous, for he hath rightly resolved. He expects fruits for every action. He reached the same state of Kaivalya as that of a Brahma Inani or a Raja Yogi. Good physical health can be achieved and also maintained by observing rigidly the laws of health and the rules of hygiene, by taking wholesome, light, substantial, easily digestible, nutritious, bland
Lord Krishna says: "There he recovereth the characteristics belonging to his former body and with these he again laboureth for perfection, O joy of the Kurus." Ch. VI-43. There is a period of anxiety immediately after death, when angels contend with demons for the possession of the departing soul on its way to purgatory. There will not be any room
for complaint when they see inequalities in birth, fortune, intelligence and capacities. This will help in the purification of his mind. Prana and mind are under his perfect control. But the senses are not all-in-all. But knowledge certainly destroys ignorance as light destroys the thickest darkness. Entertain unholy desires-you will be placed in places like
Paris and Hollywood where you can have cinemas, restaurants, ballrooms, etc. The whole mischief is wrought by the mind. This is the first and foremost qualification for an aspirant. Mind your own business always. Thou art Nitya Mukta Purusha. A Bengalee used one word 'Sala' or 'Badmash' in anger against a Sikh, when he was crossing the Ganga
in a boat. Whenever I cut wood, I always repeat 'Siva, Siva, Siva,
no idea of being an actor. "The past can never be cancelled though it may be utilised. Poverty has its own advantages. You must be able to think quickly and act promptly with unerring precision and profound concentration in times of emergencies. One should enjoy the Prarabdha anyhow (Vyavaharika Drishti). Real spiritual progress starts with
selfless service. As You Sow So Shall You Reap This world runs on well-established laws. Mark here the spirit of self-sacrifice of these little birds! Draw inspiration by remembering the ideal life led by them. Live in the true spirit of self-sacrifice of these little birds! Draw inspiration by remembering the ideal life led by them. Live in the true spirit of self-sacrifice of these little birds! Draw inspiration by remembering the ideal life led by them. Live in the true spirit of self-sacrifice of these little birds! Draw inspiration by remembering the ideal life led by them. Live in the true spirit of self-sacrifice of these little birds! Draw inspiration by remembering the ideal life led by them. Live in the true spirit of self-sacrifice of these little birds!
manner. The whole world will dwindle into airy nothing but for me. All is Thine. By virtue of the same principle, whatever he intensely desires he is sure to accomplish in the course of time. The other man said: "I have done my duty. Still it is crooked, it is in the same state. You can even fight with that 'Old Man of the Upanishads'. Why is one joyful
and cheerful while another is depressed and cheerless? The thirst for enjoyment which is difficult to be cast off by the wicked, which does not fail even with the failing of life, is truly a fatal disease in man. Ignorant people have no idea of the disastrous effects caused by unnecessary heated discussions and vain argumentation. That is the reason why
Patanjali Maharshi has given Ahimsa great prominence in his Raja Yoga philosophy. Again, if the Veerya is controlled, and if it is made to flow upwards into the brain by pure thoughts, through the practice of Pranayama and Vipareet Karani Mudras such as Sarvangasana and Sirshasana, the mind and Prana are automatically controlled. How can a
proud and jealous man, who expects respect and honour from others, serve others? He is utterly helpless until someone who has successfully trodden the path, comes to his aid or rescue, takes him by the hand, leads him safely through the inextricable traps and pitfalls of worldly temptation and desires, and finally brings him to his destination which
is the crowning glory of the be-all and end-all of life, where all suffering ceases and all quest comes to an end. "All actions in their entirety, O Partha, culminate in wisdom." Gita: Chapter IV-33. You will be able to do two things at a time by practice. A Raja Yogi has subtle egoism. Hearken carefully now as to how I see my dominion everywhere. Just as
reaches the sun; from the sun cometh the rain; from the sun cometh the rain; from rain cometh food; and from this food all creatures." Manu Smriti-III-76. Blessed is the man who understands and lives in the law, for he will soon attain God-consciousness and become one with the Law-giver. Shampoo the legs of sick people. The subject is dealt with in the fourth chapter. This
own body, his wife and children. It gives man an assurance of a broader and happier life. If you expect fruits for your actions, you will have to come back into this world to enjoy such fruits. It is highly creditable. Be not wavering. These ways are doubtless indispensably requisite. He will be styled as a Brahmachari, if he strictly adheres to the above
rule. The fruit is the motive for exertion and the longing of it inspires the effort. This is my Yoga. Modern Education If you compare the present systems, d. One should have patience. It contributes to perennial joy, uninterrupted and unalloyed bliss. This world
is a relative plane. How can we take him for a spiritual man? They remained without food. He utilises the energy for good purposes that can bring maximum good to a great number of people. Do twenty Pranayamas. He should have equal vision. I will make it pure and irresistible. If one cultivates thoughts of mercy, love, tolerance, generosity and
understanding he exhibits these virtues in his character and behaviour towards others in society. He became a slave of anger. The practice of celibacy is not attended with any danger or any undesirable results such as the various sorts of 'complex' which are wrongly attributed by Western psychologists. The man is afraid of his
superior at every moment. Sometimes highly virtuous and vicious Karmas bring forth their fruits in the very life itself. All his wise sayings and teachings are now in book-form and is known as Tirukural. If every individual behaves according to his own nature only, if there is none who has no nature of his own, then there is no scope for individual
exertion (Purushartha). Gambling is a net spread by Maya to entrap the bewildered souls. Slight unpleasant feeling that lasts in the mind for five minutes may produce vibrations in the astral body for two or three days. I have no knowledge of the Sastras and the Smritis. Children, not sages, speak of the Sankhya (Jnana Yoga) and Yoga (Karma Yoga)
as different; he who is duly established in one obtained had gently in a courteous manner. Struggle hard to practise your Svadharma. It is the Gunas that operate. It is a
blessing in disguise. Wherever there is attachment there are Ahamta and Mamata-'I-ness' and 'mine-ness'. It gives purity of mind. The attainment of Atma Jnana or realisation of the identity of the Jiva (individual soul) and Brahman (supreme soul) can alone put an end to the wheel of birth and death with its concomitant evils of disease, old age, pain,
suffering, worries and various other sorts of trouble. In the Bible it is said: "Do unto others as you would be done by." This is a very good maxim. It is uphill work. He should not be discouraged on this score. It is under my control, but nothing belongs to me exclusively. They quietly left the place with profound satisfaction. He burns the results of his
actions in the fire of wisdom by reflecting in the above manner. Selfishness clouds understanding. Control of habits is control of nature. That mysterious, all-pervading power or intelligence is God. It bestows tremendous strength, vigour and vitality. Untruth becomes a truth in this particular case. It destroys pride, selfishness and Tamas. He is
committing great sin indeed. Have a programme of life. 19. At all times there have been human as well as non-human states of being in the manifested universe. These subtle impressions assume the forms of waves and you get memory of past experiences. Recently a little girl Santi Devi gave a vivid description of her past lives in Delhi. You will have
rapid progress in the spiritual path. I am starving for the last fifteen days.' The wife said to her husband: 'My lord, here is my share. This is real self-sacrifice. A scoundrel is in a prosperous condition. When they were ready to take their meals, they heard a voice at their door. This was the Yoga of Sri Sankara and Lord Buddha also. Smile, laugh,
whistle and dance in joy and ecstasy. You can do it. It is 'inaction in action'. By this sacrifice you nourish or propitiate the gods, such as Indra, Varuna, etc. Mind is more powerful than the Indriyas. In the Maya Kund of Rishikesh and In the springs of Badri, Yamunotri and Gauri-Kund to boot, only God I saw. Selfishness will be eradicated. It is grand
and thrilling. Chapter Eight Inspiring Stories 1. Janaka said: "My wealth is unlimited, and yet I have nothing. The present-day theory of evolution has no strong foundation. He is all-merciful. Why do you praise this sacrifice in such glowing terms? Whatsoever a great man does, that other men also do. You should give him all sorts of encouragement in
his sincere endeavour to live up to his own highest ideal. He has to glorify the power of his own strong will (Atma Bala). I have followed the instructions as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as possible or more or less' and 'as far as far as possible or more or less' and 'as far as far as possible or more or less' and 'as far as far a
according to the quality of man. Even if he hears once the Mahavakya or the great sentence of the Upanishads, he will at once achieve Atma Sakshatkara or Brahmanubhava (Self-realisation). He does very few good actions. What is the use of your struggle and Sadhana?" His Yoga is an exact science. A Sannyasin only can cut off all sorts of
attachments. It is the duty of this young man to resist evil and defend her by attacking the poor or the hungry and the guests. Sleep on a bed of flowers (Pushpa Shayana). He has entangled himself like a spider or the silk-worm. The complex is due to some other causes. The man of self-assertive nature wants to resist evil and defend her by attacking this cruel man.
dominate over others. If the householder discharges the duties of his stage of life strictly, if he is an ideal Grihastha there is no necessity for taking Sannyasa. "As you sow, so shall you reap" holds good not only in the physical plane but also in the moral world as well. Goldsmith was "passing rich with forty pounds a year." Sir Walter Scott was very
poor. They enjoy the grain in their holes during the rainy season and in winter. Water becomes steam and the steam makes the engine move. Live within the iron fort 4. You will be immensely benefited." The Sannyasin went straight to the town where the butcher was living. It is these actions that determine his future existence. This is not the case in
Nishkamya Karma Yoga. All divine qualities will come by themselves. This "will to live" is eternal. He is mercenary. Then you will grasp the spirit of Nishkamya Karma Yoga. The Gunas operate. I sleep after he has slept. To kill an enemy in the battlefield is the duty of a soldier or Kshatriya. That man who uses his physical body only but keeps the
intellect and heart undeveloped cannot expect to attain perfect Brahmacharya. A Raja Yogi exerts and asserts. Hey Saumya! Dear immortal soul! Be bold. He rolled on the ground where the Yajna was performed. Now real wisdom has dawned in me. Prakriti is composed of the three Gunas or forces, namely, Sattva, Rajas and Tamas. How can you
explain these inequalities? He had no place to live in. You should have your own ideal. If all people understand this law correctly and discharge their daily duties carefully they would rise to sublime heights in the ladder of spirituality. Tendencies develop into habits and character. There can be no bondage. Hindu scriptures say that a man may become
a Deva or a beast or a bird or vegetable or stone according to his merit or demerit. Mind is the leader or the big dacoit. Now I shall talk to you on another important point. He is very near to God. Nothing is lost. Is this not the most irrational doctrine? This is a very great reward for your actions. I have given rich presents to Brahmin Pandits. You can
attain the position of Indra or Brahma by good Karma. Many have had their downfall by becoming victims to this powerful intoxicant, name and fame. It is the mind that causes attachment to wife, son and property. If people of different castes practise their Dharmas, caste confusion
will pass away and abundant peace and joy will prevail. Janaka and others verily aimed at Moksha by doing selfless and disinterested works. He must regard her as a real helper in the path of spirituality. I ask Thee which may be better-that tell me decisively. This virtuous action will react upon you with equal force and effect. Herein lies great
comfort, strength, encouragement and consolation to the desperate man. Every aspirant should study these instructions very carefully daily in the morning before he starts his work. Those Jainas, who, in every stage, preach the law and establish the order, are called Tirthankaras. 7. The methods are different but all want to destroy this little, self-
arrogating 'I' which is the root cause of human suffering. He asked the Swami to wait outside and went in. No virtue will dwell in the heart of a man who gambles. I am distinct from the body, organs, mind and Prana. This is 'inaction in action'. It is a lamentable misapprehension. There is no possibility of the semen going downward through sexual
excitement. He gets these flashes or glimpses of freedom even while he labours under straitened circumstances. "Whatever is true in the case of an individual is also true in the case of an individual make a nation. The ideal of one man will not suit another man. He will tell any number of lies to justify himself. Charity, sacrifice and Tapas are
all Karmas. These five organs are his assistants. Aspirants begin to fight there. The world abounds now in such sort of Karma Yogis. He can understand the teachings of the Sastras. It becomes difficult to bend this personality and make it pliable and elastic. There is no fear of his downfall. Queer people indeed, with strange preposterous ideas! You
can know the unknowable Brahman through purity of mind, by serving the Guru who is a Brahmanishtha (who is established in Brahman), by getting lessons from him and by practising constant meditation. Sri Aurobindo, who was once a great Karma Yogin, has shut himself up in a room for the last twenty-two years. Silent talks with boys, lantern
demonstrations, etc., will help a long way in improving their condition. Understand the Fruth through the practice of your Svadharma. Worship God in the poor and the sick. Knowledge of the Self dawns in a pure mind. He must destroy all unnecessary, useless or vain thoughts. I have nothing to do. Destroy attachment first. When you become really
sleepy, lie down; you will get sound sleep even though you lie down on a bed of stones. The full-blown Yogi or Jnani or Bhakta should again come back to the world to elevate other people, for the purpose of Lokasangraha (world-solidarity). They think that turbans and fashionable long-coats, hats and boots constitute a big man. The arrogant and
audacious Pandit told the Chandala: "Do not drink the same water from the upper surface of the river which I am drinking. There is perfect continuity of life all throughout, though you take several bodies. If I hurt another man, if I cause misery and pain to another, I will in turn get misery and pain. I must protect them.' If you ask him anything about
God, virtues, Moksha, bondage and freedom, right and wrong, he will be bewildered. Do you understand my mental state? The Brahmin said: "O Rajan, kindly tell me the extent of your dominion. Yet there is a shrill inner voice from within that says: 'I am immortal, I am free.' He cherishes an inherent feeling: 'I am free though I appear to be
apparently bound. They have won laurels of fame and distinguished themselves in politics, literature and poetry. Develop alertness, decision, discrimination, mercy, tolerance, forgiveness, discernment, patience, cosmic love and equal vision. Glory, glory unto the Lord, hail! hail! hail! hail! hail! hail! O sweet Ram. The craving for liquor dies a natural death when the
meat diet is withdrawn. You came naked. He becomes a merciful man. This whole world is a big factory of God. This will add to his reserve energy. You will be free from worry and unnecessary thoughts. Follow the injunctions of the Sastras. In Kirtan and Nama Smaran, in Sravana and Vandana, In Archana and Padasevana, in Dasya and
Atmanivedana, only God I saw. Understand the secrets of Karma Yoga. The actions of the mind are the real actions. The ignorant man identifies himself through the force of Avidya with his body, mind and Indriyas which are the products or effects of the three Gunas-Sattva, Rajas and Tamas
We have nothing to offer them. Take Sattvic foods like milk, fruits, bread, pulses and vegetables, etc. Elijah was reborn as John the Baptist. He slowly gains strength by understanding his real essential nature, by doing spiritual Sadhana and by removing desires and egoism. He simply kept quiet. I have already pointed out in the beginning of this
chapter that 'right' and 'wrong' are relative terms. He had desire at first. They will call this scientific, hygienic ventilation of the exposed parts. For him there is no interest what soever in what is done or what is not done, nor does any object of his depend on any being. There is reincarnation. You will have to take into consideration the widest view of
the life of the soul. As soon as you hear the voice, do not delay even for a moment. These Karma Indriyas execute the commands of their leader (mind) immediately. Those world figures who have risen to eminence have utilised all opportunities to the best advantage. Only that advanced Yogi who can meditate for hours together can stop work. A
drunkard will have thoughts of liquor when he is dying. There alone you will find absolute knowledge. Realise your folly. Jesus was thought to be a reappearance of John the Baptist or one of the old prophets. Whenever you want to find out the cause or antecedent for anything, you will have to go deep into the affairs
of the eternal soul-life. Failure is due to lack of Nishtha. When such is the power of a single Indriya, what to speak of the combined effects of the five Indriyas of men? Vasishthaji preaches Purushartha to Sri Rama in Yoga Vasishthai. When a man's desire is not gratified, when one stands in the way of its fulfilment, he becomes angry. Both the Pandit
and the outcaste were about to be drowned. This possession of objects surely brings selfishness. to make good the loss of energy. He has purified his mind by constant selfless service. Never show a wry or gloomy face when you serve. Practise it and realise the state of Satchidananda right now in this very second. Raja Janaka was a full-blown Jnani
though he worked in the world. As there was no beginning for the universe, there could not have been any period of time when there were men alone. It is a sad mistake. If you acquire the property of others by foul means, if you do any
actions that can give pain to others, you will reap pain. The sacrifice will purify your heart. Some Sannyasins of the old, orthodox school think that a Jivanmukta is without powers. This is the secret of my Yoga and Self-realisation." An ignorant worldly-minded man says: "I have to do my duties. That which upholds is Dharma. "Who sitteth, controlling
the organs of action, but dwelling in his mind on the objects of the senses, that bewildered man is called a hypocrite." Ch. III-6. Just as a turbulent horse carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him, so also the emotion of anger carries away the rider along with him and a rider along with him a rider along with him and a rider along with him a rider along with him and a rider along with him a rider along with him and a rider along with him a rider along with him a rider alon
take several births sometimes to exhaust the fruits of one important virtuous Karma. Many of his doubts were cleared. Eat nectar-food. You get light. They will push you on to the goal. It replied: "Still the same as my lot, my good friend. There must be perfect balance between the cause and effect, between the antecedent and consequence. That which
It should be eradicated by vigilant introspection and by keeping the mind fully occupied. Do not waste this precious life in drinking, gambling, smoking and meat-eating. Whatever you see, hear, feel, smell or taste causes Samskaras. It is another Gita, Koran or Zend Avesta. Some people say: 'We can find out good and evil, right and wrong, by
consulting our conscience only'. Learn to discriminate. I offer to Thee my Tapas and everything. Ahimsa Paramo Dharma." He will fail in the discharge of his duty if he does not punish the wicked, and his country will be in a state of utter chaos. When Rajas prevails, Sattva and Tamas are overpowered for the time being. The Pseudo Karma Yogi A mar
considerations of success or failure, gain or loss, victory or defeat, respect or disrespect, pleasure or pain. The seed of a mango tree cannot give rise to the growth of a Jambu tree. Karma Yoga prepares the mind for the attainment of Jnana. O Ram! You must understand the laws of Nature and become wise and happy. There are some guests in our
house. No one is to be blamed. Raja Jada Bharata, out of compassion for a deer took great care of the animal. Then only will you have a perfect instrument, a well-controlled mind at your disposal. He had insufficient food. Control your mind and the senses. Be true and sincere. "Affection and aversion for the objects of the senses abide in the senses; let
Worldly people are generally elated by success and depressed by failure. This is the best kind of life." Poor deluded soul! May God give him good understanding! Ahimsa Paramo Dharmah cannot be strictly practised by householders. You will gain will-force. That is the reason why Lord Krishna emphatically declares: 'He who, having cast aside the
ordinances of the scriptures followeth the promptings of desire, attaineth not to perfection, nor happiness, nor the highest goal. Lord Krishna says to Arjuna: "All actions are wrought by the qualities of nature only. The results of bad Karmas are: (1) The mind becomes more and more impure. Many have achieved success and greatness, many have
reached the goal of life through right exertion. It is the basis. It is his duty to save the life of the lady by resisting evil. The sense of separateness will be annihilated. Sarvam Vishnumayam Jagat. This Sadhana demands constant practice, steadfastness, patience, perseverance and endurance. He himself will write to the papers about his charitable act in
the name of a correspondent. He lived in a small hut with his wife, son and daughter-in-law. I am now under the impression that either I have no dominion at all or all is my dominion. They must have economical independence. Karma SRI R. They are beneficial to the performer. Ahimsa comes first in the practice
of Yama or self-restraint. People are not happy. Sometimes Sattva prevails in man. Purify. I reflected in this manner and so I have given up the idea of 'mine-ness'. We have a good deal of the present constraint and previous necessity in human life. There are three kinds of impulses, viz., the
impulse of thinking, the impulse of speech and the impulse of action. This is quite sufficient to bring one back to the wheel of birth and death. Every wrong action causes punishment first in the inner nature or soul and externally in circumstances in the form of pain, misery, loss, failure, misfortune, disease, etc. Do good to all. Whatever he does will be
in strict accordance with the injunctions of the scriptures. He will clearly understand that there is perfect order in the universe in everything. Every movement of your foot is towards God and freedom. Again, as regards the alleged evolution from the vegetable to animal and from the animal to the human, the Western evolutionists do not actually trace
changed. Then only will you be able to find out what is exactly required at a critical juncture or at the right time and not an hour afterwards. He will change in no time. Pain and pleasure, life and death are linked together inseparably. I can hardly understand the truths that are inculcated there. People are dying after fashion. I have no leisure. The
breaking out of war, the rise of a comet, the occurrence of an earthquake or a volcanic eruption, thunder, lightning, floods, diseases of the body, fortune, misfortune-all have definite causes behind them. "The incidents of our own times are too fresh in our memories to need any repetition. Selfishness causes attachment. Those who have lost much of
their Veerya become very irritable. On the other hand an ordinary labourer who earns a tew shillings at the sweat of his brow may offer his money in charity by feeding a few starving or sick people, and may himself starve on that day. Then he can turn out real solid work. He dwells within this small grove. He should mould his character properly
"Perform action, O Dhananjaya, dwelling in union with the Divine, renouncing attachments, and balanced evenly in success and failure; equilibrium is Yoga." Gita: Chapter II-48. You will have an established good character. He cannot say now: 'Non-injury is the highest virtue'. Study of Sankhya philosophy will give you a knowledge of the creation of
the universe, how the mind is formed, how the organs of action and sensation are formed, what are Tanmatras or rudimentary root elements, what is Purusha and Prakriti, what are the three Gunas, how they operate and influence a man, how they affect the health and mentality of a man and how to get knowledge of the Purusha.
The same principles underlying the Karmic laws apply, without much wide difference, to national and collective Karma. Law of Retribution Every wrong action or crime brings its own punishment, in accordance with the law of retribution. Immoral songs produce a very bad, deep impression in the mind. According to the Gita, any action is a Karma.
She wants to attract him. To resist evil becomes the duty of a man in certain circumstances. Just as the soldier kills his enemies one by one with his sword of Viveka when it tries to enter the fort of the mind. Sing 'Om, Om, Om', 'Ram, Ram', 'Shyam,
Shyam, Shyam', 'Sivoham, Sivoham, Sivoham, Sivoham, Sivoham, Soham', Soham, Soham', Soh
previous births. Those who cling to unreal things of this world are verily committing suicide. 3. Generally worldly-minded people are puffed up with egoism when they render some help to others. Luxurious living and self-indulgence begin from their very boyhood. He was established in his Nishtha. Mere intellectual assent to religious ideas, a little
closing of the eyes in the morning and at night just to deceive oneself and the Indweller, a little endeavour to stick to the daily spiritual routine and to develop some virtues in a half-hearted careless manner, some mild effort to carry out the instructions of your spiritual preceptor perfunctorily, will not suffice. Obviously he had thoughts of snuff. This
world is really a long, long dream. When once one takes Sannyasa, he becomes a dead man to the family members. Enter the field at once. You experience much exhaustion and weakness. You must learn the secret of renunciation or the abandonment of the fruits of action. If work ceases to produce rebirth, literally no one can be freed. I am thy
Ardhangini. The semen energy ascends up to the brain. Krishnaswami Aiyer, M.A., B.L., writes about Karma in the Hindu Mind dated October, 1935: a. Manu Smriti You cannot gather what you have not sown. Start the action diligently without consulting anybody. Is its advancement or promotion to a higher state of being only accidental? Observe the
vow of silence, you will then be able to control your speech. He who enjoys what is given by the gods, he who feeds his own body and organs without propitiating the gods, is a thief indeed, a robber of the property of the gods. Morality is a changing and relative term.
There is neither 'exception to the general rule' nor 'allowing margin' nor any 'discount' in the practice of spiritual instructions. Expand. It therefore follows that the observance of obligatory Karma only has the effect of consuming previous Karma
which is yet to bear fruit. You will have a brilliant and a glorious future." How beautiful and soul-stirring is this magnanimous doctrine of Karma! The doctrine of Karma! The doctrine of Karma develops faith and supports ethics. The feminine grace vanishes, when she is under the influence of wrath, indignation and fury. After a few years their names also will disappear. He
has given up all idea of agency. He performs all actions for God's sake in fulfilment of His purpose without desire for fruit and eventually attains the everlasting peace. Friends, will you learn some lessons from these electrons? If you salute your friend on Mount Road, you expect him to salute you in return. You will go naked. Even Lahore and
Rawalpindi have become fashion-conscious nowadays. A true Brahmachari only can practise Yoga. Building of hospitals, rest-houses and choultries for the distribution of free food, dist
this universe. He says: "I really exerted much. He must have a new vision of righteousness and truthfulness. Brahman is Nishkriya, Akarta, Niravayava. To stop the breath by means of Kumbhaka for two hours, to sit in Samadhi for forty days in an underground cellar without food by cutting the frenulum linguae
of the tongue and practising Khechari Mudra, to stand up on one leg in the scorching heat of the summer sun, to do Trataka on the sun at midday, to chant Om, Om in silent and sequestered jungles, to shed an ocean of tears while doing Sankirtan-all these are of no avail unless one combines burning love for Him in all beings and a fiery spirit of
service in serving Him in all beings. Stick to any rule that appeals to your reason and conscience and follow it with faith and attention. He begins to steal money to get a packet independently. Story of a Pandit Once a learned Khatha-Sastri, a Brahmin Pandit and a Chandala were crossing the river Ravi in a boat in Lahore. The law operates everywhere
with unceasing precision and scientific accuracy. Simply obey the divine call and act like a soldier on the battlefield. Come out of the centre of your small egoistic narrow circle and have a broader vision. The effect is similar to the cause. His will becomes one with the Cosmic Will. "Wash your mouth well with this saccharine solution. He is omnipotent,
omniscient and omnipresent. He said to her: "O Vasuki, the rice is very hot, bring a fan to cool it." She was at the time drawing water from the well when he called her. Many of his actions may be selfish in the beginning of his Yogic career. We will have to preach Purushartha just to give an impetus to the man to work in right earnest. The endless
chain of cause and effect is kept up all throughout. He has nothing to gain by action. There is no spirit or strength in him. You will not regret afterwards in any way. If the infinite past and infinite future are also taken into consideration, they will surely arrive at a definite conclusion that will bring peace and solace to the restless mind. All work is
sacred. I have made a sincere and whole-hearted appeal to whole-timed Sannyasins to organise their order of life and start doing service to the country in various forms according to the temperament, taste and capacity of the individual. It is the thought that develops the character of a man. Extraordinary penances are those which are prescribed in
the Code of Manu for the destruction of particular sins. They want life without misery, gain without misery, gain without misery, gain without misery, gain without any loss. Wherever there is pride, there cannot be any real devotion and holiness. It becomes a difficult task to eradicate the self-assertive nature. He should not remain an idler. He can hear the inner shrill, small voice. This is
a great pity. Bhakti Yoga is the path of devotion or t
bring in the experience of pure, Advaitic consciousness. Both should lead a spiritual life. There is depression in trade. He becomes uncontrollable. He will not have any of the qualifications or attributes of the man who has introduced Khaddar. The future destiny of the world rests entirely in the lap of the teachers and the students. Questions like these
remain a puzzle if you accept the theory of 'pre-ordination and Grace'. He should burn his selfishness to the very root. Realise this very second. He should always speak sweet words, The intellectual appreciation of them will come to his help in disappointment and restrain him in success, and so aid him in giving more equilibrium. You are very cruel.
Some work for getting enjoyment in heaven. Orthodox Christians and theologians believe that God settles and fixes the destiny of a man before his birth. Ojas is spiritual energy that is stored up in the brain. If you see a sick man lying down on the roadside in a helpless condition, take him on your back or tonga to the nearest hospital. The Samskaras
of virtuous actions are imbedded in the Chitta. This is a dire need of the present hour. She recognised her husband and child of her previous birth who are living in Muttra. Sins are mistakes only. This is laudable work. Pravritti Marga or the path of renunciation. The
mind of a man is affected by the thoughts and opinions of others. Looking at a woman will create a desire to talk to her. Then only real fragrance of your soul will come out." Dear friends who tread the path of Karma Yoga! Be sincere at heart. He never utters any kind of harsh words that can affect the feelings of others. He is freed from the wheel of
birth and death. The self-conceit acts as a veil and blurs the mental vision. They cannot grasp the underlying truth of Karma Yoga. Slowly eradicate negative qualities. It excites the passions and emotions. The Three Gunas A clear understanding of the three Gunas A clear understanding of the three Gunas and their operations is very necessary for a Karma Yoga. Slowly eradicate negative qualities.
obtained their belief in metempsychosis from India only. A Karma Yogi should have an amiable, loving, sociable nature. One day he was sitting under the shade of a tree. That is wisdom. He was in the Durbar hall when a messenger brought the news that there was fire in the city. A few slices of bread and a little dhal will quite suffice to keep up his
health, vigour and vitality. Giving up any bad habit at once is better. They have done great sacrifice; we should also contribute something towards this Atithi Yajna." They also fell into the fire and were burnt to death. Ushashti, a learned sage took the Ucchishta beans from the hands of an elephant-driver when he was suffering from acute hunger and
when he was not able to get food from anyone. It said to its wife: "My dear, what shall we do now? Rajas is passion or motion or activity. There is no such thing as a chance or accident. Shampoo his legs with divine Bhava. He is honoured and respected by all. Then this bad quality will disappear. Time is the most precious thing in the world. One drop
of semen is manufactured out of forty drops of blood. He will eagerly watch in the newspapers whether his name is published or not. Prayaschitta is done for the destruction of sin. Theevra Purushartha can change the destruction of sin.
your actions will be perfectly disinterested and selfless. It is on a lower plane. There are thousands of instances like these. Every sensible man will have to accept it. If the ego is destroyed by Vichara or enquiry of "Who am I," the sex-idea takes to its heels by itself. Seeing, hearing, touching, smelling, eating, moving, sleeping, breathing, speaking,
giving, grasping, opening and closing the eyes, he holdeth: 'The senses move among the objects of the senses.'" Ch. V-8, 9. This wrong action is bound to react upon and injure you. Owing to ignorance the body is mistaken for the Self. Yoga of Service What is the object of Seva or service? He is brought again to this Mrityuloka. He should
patiently work with indefatigable energy. He can do anything he likes. If the binding link in the mind is destroyed, you can remain wherever you like. The second is Prarabdha-the inevitable Karma-that portion of our Karma which is assigned to us to be worked out in a single life in relation to men and things we met and experienced in previous lives.
It is a great pity that the present system of education in India is not favourable for the spiritual growth of a Sadhaka. Do charity, control the senses and become a good man." You will find in the Gita: "But the disciplined self, moving among sense-objects with senses free from attraction and repulsion, mastered by the self, goeth to peace." Ch. II-64. If
there are joy, exhilaration and satisfaction, understand that you are doing a right action. Whatever his present condition may be, he can have a glorious future through right exertion and right thinking. In choosing between them he may either follow his tendencies produced by his past actions or struggle against them. Jaimini is the founder of Poorva
Mimamsa, The Atman is Nishkriva, Akarta, Nirayayaya and Avyayahara," He does constant Vichara and reflection in this manner and gets himself established in his own Syarupa. The sulphuric acid in a jar of a battery is consumed but there is electricity produced in the bulb. Glorify others, I have to educate my four sons and three daughters. Do you
expect anything from your small son, if you do something for him? It develops the will-power. The king ordered his servants to give the Sadhu vegetables without salt, sweetmeats with chillies, and delicious Kheer and almonds and raisins with tamarind daily. If you have knowledge of the Raja Yogic technique of perceiving the impressions directly
through the process of Samyama (Dharana, Dhyana and Samadhi at one time), you can remember your past lives. The world is full of people with a small heart and little understanding. Plunge yourself in the service of God. The three qualities bring bondage to the Jiva or the individual soul. They may burst out as big waves of anger at any moment, if
you are careless and weak. There are many modes of thinking. Be balanced in success or failure, gain or loss, victory or defeat, pleasure or pain. How could this be? Such a man only can become a good Karma Yogi. Rest the mind in the Self or Isvara when you perform any action. Bhoga (sensual enjoyment) increases selfishness and selfish Pravritti. A
well disciplined life, study of religious literature, Satsanga, Japa, Dhyana, pure and moderate diet, Pranayama, daily introspection and enquiry, self-analysis and self-correction, practice of Yama, Niyama, physical and mental Tapas and Sadachara in accordance with the teachings of the seventeenth chapter of the Gita-all will pave a long way in the
attainment of this end. The articles in the store-room represent the Sanchita; the articles that are put in the shop for sale are Prarabdha; the daily sale proceeds are the Agami. One should work patiently. Everything passes away. Can a fashionable dress give real beauty? The question assumes that there was a beginning for the universe. I am mere
Tatastha, It produces an impression on the world or Akasic records, Karma is a broad term, Man Is the Master of His Destiny Some ignorant people say: "Karma does everything. This is a serious mistake, Now comes the trouble, He was attached to his body and his Kamandalu. For an Arva Samajist widow-marriage is guite
moral; for a Sanatanist it is highly immoral. But even these actions should be done leaving aside attachment and fruit, O Partha; that is My certain and best belief. The mind is so framed that it cannot think of any kind of work without
remuneration or reward. Calling the Sadhu to his side, Janaka said: "You seem to be a culprit. If an action is done with Nishkamya Bhava as Isvararpana, then it is no action at all. A teetotaller just takes a whiff of gold-flake and becomes a terrible smoker in a short time through attachment. Mithyachara Mere physical control of the organs of action
(Karma Indriyas such as speech, hands, feet, genitals and anus) will not do. So many Avataras, so many Yogis, Acharyas, saints and prophets have come into this world and preached. Establish new and healthy habits. Do not be puffed up with your Siddhis." The Sannyasin stood in utter amazement. People hate him. The Eternal the oblation, the
Eternal the clarified butter, are offered in the Eternal; unto the Eternal; unto the Eternal; unto the Eternal the clarified butter, are offered in the Eternal the clarified butter, are offered in the Eternal; unto the Eternal the clarified butter, are offered in the Eternal; unto the Eternal the clarified butter, are offered in the Eternal the clarified butter, are offered in the Eternal; unto the Eternal the clarified butter, are offered in the Eternal the clarified butter, and the Eternal the Company the Company the Et
understanding of Nature's laws, and their operations. 18. Then alone he can have quick realisation and purification of the heart. If you do virtuous actions, the Chitta will contain good impressions and you will possess a good character. A kitchen is the best training ground or school for developing tolerance, endurance, forbearance, mercy, sympathy,
love, adaptability, and the spirit of real service for purifying one's heart and for realising the oneness of life. He should consecrate all his actions at His Feet, whether they be good or bad. God gave me an opportunity to serve and improve myself." He had Chitta Suddhi. He cries when he is in trouble: "I am a great sinner. Purify your mind. The
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intellect becomes perverted. To eat meat in Kashmir is perfectly moral for a Bengali Brahmin. He has equanimity of mind in success and failure. Selfless work elevates and brings freedom. The Vaishya should engage in agriculture, trade and protection of cattle. Though the cow grazes in the pasture having been separated from the calf, her mind is
always fixed on the calf only. If you do some action it will do some good in one corner and some evil in another corner. Then the hunger manifests. The doctrine of reincarnation is quite rational. Some work in society for getting name and fame are
illusory. During Samadhi or the superconscious state they are absorbed in the mind. This is 'action in inaction' as taught in the Gita. Become an embodiment of goodness. Its powers are ineffable and wonderful. The Karma Indriyas are the five soldiers. Varnashrama Dharmas are practically extinct now. Boys who did polishing of boots in the streets
and who were selling beer in bars and were cooking in hotels became famous poets and able journalists. It is also difficult to say whether this body is the resultant product of a single Karma or a mixture of several Karmas. The manner in which it is taken in modern civilisation, it is infected with such terrible diseases (readily communicable to man) as
cancer, consumption, fever, intestinal worms, etc., to an enormous extent. It is always difficult to find an ideal Adhikari. Even a Jivanmukta sees, eats, walks, answers the calls of nature. Clinging to fruit only is the cause of rebirth. He cannot understand the significance of the Sastras. Give me good Preranas (thoughts). In every Hindu home the Names
of God, such as Hari Om, Ram, Ram Narayan and Krishna are whispered into the ear of the dying man. Lord Krishna extols the man "who, controlling the senses by the mind, O Arjuna, with the organs of action, without attachment performs Yoga by action, he is worthy." Ch. III-7. The power of Brahmacharya is seen even in electrons. The struggle and
exertion must come from your side. Nurse him. The mind must become perfectly quiet. "For a sage who is seeking Yoga, action is called the means, for the same sage, when he is enthroned in Yoga, serenity is called the means, for the same sage, when he is enthroned in Yoga, serenity is called the means. The Bengalee was drowned. He should never be trusted. It helps the aspirants in their march on the spiritual path. You can
chalk out your own ideal according to your own standard. This cycle or Chakrika goes on from eternity like the analogy of the seed and tree. Jesus merely says that neither the man's sin nor his father's sin was the cause of his blindness; he does not deny the pre-existence of that man. Nature operates through these two Vrittis. May that invisible Law
giver, Brahman, guide you in the attainment of final beatitude of life! 3. Sleepless vigilance is necessary if you wish to have rapid spiritual advancement. Open your heart. That tell me conclusively." The Lord said: "Renunciation and Yoga by action both lead to the highest bliss; of the two, Yoga by action is verily better than renunciation of action
According to Ayurveda semen is the last Dhatu that is formed out of Majja or marrow. The law of action operates everywhere. He who had done a lot of charity in his previous birth is born as a king. "Good, evil and mixed-threefold is the fruit of action hereafter for the non-relinquisher." Chapter: XVIII- 12. To work in accordance with the
Divine Will is right; to work in opposition to the Divine Will is wrong. The atmospheric conditions affect the body of man. If it is otherwise, reject it ruthlessly. Bhakti is also classified as mental Karma. 7. They can cut it and dress it in any way they like in a hair-dressing saloon. Only those things happen in this world which it creates by its own free
efforts, and not others (V-24, 35, 36). Serve all with intense love without any idea of agency and without expectation of fruits or reward. That is the reason why Lord Krishna says: Buddhiyukto jaha teeha ubhe sukritadushkrite, Tasmat yogaya yujyasva yogah karmasu kausalam. I am an ignorant woman. While thus, as man you live, there is no way
other than this by which Karma will not cling to you." The Narayana Upanishad says: "In the beginning these two roads were laid-the road through Karma and the road through Sannyasa. Non-attachment is dispassion or indifference to the sensual enjoyments. It has been held as true by the mightiest Eastern nations. This is not a rosy path as you may
think. If you do not improve in pure meditation, then combine work with meditation. How many Malas of Japa? He should be ever ready to sacrifice his body for a noble cause. You will not gain anything by so doing. Then he swooned suddenly. The Sadhu
said to the Bania: "Put everything in my bowl." The Bania said: "How can I place them, Swamiji, in this dirty bowl. He gets a good birth with suitable surroundings, environments and opportunities for his good actions: this is one reward. Kapila also agrees on this point. Then you have already attained success. People generally think that action means
movement of the body, and inaction means the absence of it, to sit quiet. The seed-like subtle impressions of the entire accumulated actions lie dormant in Chittakasa (the mental space). Good, evil and mixed-threefold is the fruit of action hereafter for the non-relinquisher; but there is none ever for the renouncer." Ch. XVIII-1 to 12. He tries to find
out the exact causes that bring about the phenomena. As there is connecting life for all the cells together, selfless thoughts or thoughts
Kshatriya in these days. Of one with attachment dead, harmonious and with his thoughts controlled in wisdom, his works being all sacrifices, all actions melt away. You will have to do it at any cost. He then exclaimed with sorrow: "This is no Yajna at all. He should develop the spirit of service, humility and obedience. I do not believe those people who
say: 'We have given colouring to our hearts.' This is timidity and hypocrisy. He must give up sexual intercourse. Do everything as Isvararpana. Be on the alert. There had never been such a glorious Yajna in the annals of the world's history. He should try to possess this gradually. The law of causation is inexorable and unrelenting. Such interesting and
important subjects as what is poised reason, how to find out right and wrong action, what is Nishkamya Karma Yoga, the qualifications of a Karma Yoga, the qualification of a Karma Yoga, the
have no beginning or end, every being has clinging to this physical life (Abhinivesa). Progress of the thinker means improvement and growth of mind through which he thinks. If the aspirant has controlled these two Vrittis, he has already conguered Nature, he has become the lord of Nature. What is the greatest thing that a man can achieve in this
world? Forbidden are those actions which are interdicted by the scriptures, such as: "Do not drink liquor. It is left to you to select the desires, either holy or unholy. They are eight times more passionate than men. That house wherein the wife serves the husband with sincere devotion and observes Pativrata Dharma, is
heaven on earth. You will have to take it up at once without grumbling, whatever may the nature of the work be, whether you are willing or not. Krishna is known as a Nitya Brahmachari though He lived with Sri Radha, Rukmini, Satyabhama, etc., and had children. It will also assert itself to gain a seat in the body and mind. He will be ever watching
the time for stopping his work. If you connect your present life with the past and the future lives, and then judge the present life from the standpoint of eternal life, then there will be perfect justice. They are happy-go-lucky. So He was called a Nitya Brahmachari. Passionate householders cannot dream of doing any work without expecting some gain
for themselves and their families. He should plunge himself in selfless work. An Akhanda Brahmachari who has not allowed even a drop of semen to come out for a period of twelve years, will enter into Samadhi without any effort. I must think in accordance with my desire. He should take good, nourishing and substantial food. This cannot be. But
generally under the camouflage of serving others, people try to please themselves only. "On Me fix thy mind, be devoted to Me, prostrate thyself before Me; harmonised thus in the Self, thou shalt come unto Me, having Me as thy supreme goal." Ch. IX-34. An aspirant should follow the instructions of his Guru and the teachings of the scriptures to the
very letter. The four travellers were struck with utter amazement when they witnessed the deeds of the little birds. What do you see instead in fashionable people? She liked the Indian way of dressing. Censure and blows are better teachers than praise and honour. The desired objects can be obtained. Then
only will all kinds of miseries, tribulations and evils be completely eradicated. There is great joy in such kind of work because there is no personal element here. Karma is all in all for Jaimini. Then you will get knowledge of the Self. In olden days, Madura in South India was ruled by Pandian kings. I am Asanga." This is the Drishti (vision) or Nischaya
(determination) of a Jnani. He has to glorify the power of the Lord. God knows the whole details of evolution of a man from mineral life till he becomes a Jivanmukta or liberated soul. The desire gets transmuted into anger. Pain and poverty develop endurance in man. If you want to change the old, morbid evil habits and establish new, healthy and good
habits, you will have to struggle hard. You must forget yourself entirely. You are above vice and virtue, Dharma and Adharma. Mere theorising will not do. Upanishad. The path is quite clear, straight and smooth, if you understand it, and if you apply yourself with patience, perseverance, determination and strong will, if you practise discipline of the
Indriyas, right conduct, right thinking, right acting, regular meditation, auto-suggestion and enquiry of 'Who am I'? Learn from him what real devotion is." The king was greatly vexed. It gives ample chances for man's rectification, upheaval and gradual evolution. Energy is wasted by the worry-habit. The outer cloak, this mortal physical sheath is an
illusory Mayaic production. You will realise God. Even though he is placed in unfavourable environments, these Samskaras give him protection against extraneous, undesirable, hostile influences. A chaste man in whom the gross semen is formed, may, on the other hand, have the odour of a goat. In the West, various competent men have discussed this
matter from various standpoints. If you have done virtuous actions in your previous birth and if you have developed an exemplary character, your will will have a wider field of activity and vice versa. The doctrine of Karma teaches: "Do not blame anybody when you suffer. Do not think of returning home after taking up Nivritti Marga. Bhakti and
meditation are also mental Karmas. Man is bound or attached to sensual objects through the Vritti, Raga. Thou speakest through my mouth. They have more Moha. A lady, when she does her household duties, should also entertain the above mental attitude. It cannot hiss. He wanted to teach them the glory of Grihastha Ashrama by example. Have you
fully determined with an iron will to stick to this line at any cost? "Abandoning all duties, come to Me alone for shelter, sorrow not, I will liberate thee from all sins." Ch. XVIII-66. Various nervous diseases and impotence also develop. I shall make your tongue always sweet." The unhappy ant followed the jolly ant to the mountain of sugar and lived
there for a week. This classification is according to Gunas and Karma. We are not enjoying spiritual bliss." Rub your mind and the heart with the soap of Japa and selfless service. As a flame is enveloped by the amnion, so this is enveloped by it. There is no fear of a downfall. It is not your look out
to get success or failure. Meat-eating is highly deleterious to health. By Dharma people are upheld. This will constitute real service. Keep before you the examples of the great Karma Yogis who served mankind and thus radiated peace, bliss and wisdom unto all. Aspirants who take to Nivritti Marga generally become lazy after some time, as they do
not know how to utilise their mental energy, as they do not keep daily routine, and as they do not follow the instructions of the preceptors. He gives a push and Prakriti moves and acts. They can take up this path. There are still higher summits to ascend, higher regions to climb. Therefore it is impracticable to consume by enjoyment in one single
birth, that portion of the Karma which has not begun to bear fruit. The body is part of the universe. They are all temporarily only suspended from the class of humanity for some offences. You will evolve and reach the abode of eternal bliss. He has a pair of jaundiced eyes with Timira also. Aspirants of the present day have not any idea of the true
relationship of a student and a Guru. When Tamas prevails, Sattva and Rajas are overpowered for the time being. Almost all Brahmins are Vaishyas only. Generosity is unknown to him. Kunti Devi said: "O Lord Krishna! Let me always remember Thee. Stand behind me always and guide me in every inch of my action. Poliandry (one woman marrying
several husbands, the opposite of polygamy) is quite moral in Tibet, but it is highly immoral in the eyes of people of other countries. Thy essential nature is Satchidananda. Then the longing and preference will slowly die. "The Lord of the world produceth not the ideas of agency, nor actions, nor union together of actions and their fruit; nature,
however, manifesteth:" Ch. V-14. Even in the West in the hospitals, doctors are now putting patients on a vegetable diet. A Sannyasin only who has renounced the world can do selfless deeds. Consciously, knowingly or unknowingly, all are attempting for this freedom. The wealth of the three worlds is nothing when compared to the
bliss enjoyed by that great soul who has serenity and a balanced mind. The voice of conscience alone is not sufficient to guide man in understanding of the laws of God, right and wrong, good and evil and other duties of life. Then you will get knowledge of the Atman which brings immortality, supreme peace and eternal bliss. Then you can attempt
realisation of the Self. Do your Svadharma satisfactorily in accordance with your caste or stage in life. Then Nature becomes your obedient servant. Good Samskaras force a man to do good actions and vice versa. When you like. Conscience is not
an infallible guide. Para Bhakti is Jnana only. You should know the causes which brought about the failures and should be careful in future to avoid them. But you will not get the fruits if you work selflessly. H. It pushes a man to right thinking, right speech and right action. Open
your eyes now. Mere matted hair, application of ashes to the forehead and body cannot make one an Akhanda Brahmachari. This demands struggle and constant effort with asinine patience and iron determination. The other man said: 'I have done my duty. Anger and muscular energy can also be transmuted into Ojas. Remember those saints who lead
a simple life and those living today who are very simple. They get Vairagya, but they have no experience in the spiritual line. Maya works through me only. Some people have their hands at the work, the mind at the market, the intellect in the office and the soul upon the wife or son. I will be born in the next birth as a rich man." By means of constant
practice of this nature he will slowly get mental non-attachment towards work. The Jain books teach that the Karmic force is the product of a kind of matter, the particles of which have become combined with the soul. A man is bound by the past debts he incurred or contracts he made. Enveloped is divine wisdom by this constant enemy of the wise in
the form of desire, which is insatiable as a flame. Pregnant with the magnetism of a Jivanmukta or liberated sage, they cannot but uplift the seeker after Truth to ineffable heights of spiritual glory, bliss and peace. They expect that the Guru should do everything for them. He who doeth the duty laid down by his own nature incurreth not sin. Look at
the stupendous and magnanimous work turned out by Lord Buddha, Sri Sankara and other Karma Yogis of yore. Karma Indriyas A description of these organs will not be out of place here. The conscience of an African Negro speaks a language entirely different from that of an ethically developed Yogi of India. At last the lady came outside with alms
for the Sannyasin. Muthuswamy Aiyer, the first Indian High Court judge in Madras was born in absolute poverty. It expounds the riddle of life and the riddle of life and the riddle of left and the riddle of life and life and the riddle of life and life 
He should rejoice in the welfare of others. This previous life could not have been that of a lower animal, for lower animal, for lower animal, for lower animals can do no responsible Karma. Chandrayana Vrata, Krichhra Vrata and various other kinds such as carrying a skull in the hand and living on alms after renouncing all property, living underneath a tree, long pilgrimage till the end
of one's life, and openly admitting before the public one's crime, are prescribed. If you want to become a real Karma Yogi in the right sense of the term, you will have to keep a balanced mind at all times, in all conditions and under all circumstances. A little sound throws him out of balance. Christians believe that one life determines and settles
everything. He was fully resting in His own Svarupa-Nirguna Brahman. Tamas binds man to heedlessness (Pramada), laziness (Alasya) and sleep (Nidra). It is the result of the activities. There are people who talk like a machine at a tremendous speed, without a full stop. Here is a field of daily effort which will demand his energies for years. How many
times you failed in the control of evil habits and with what self-punishment? Egoism, hatred, jealousy, the idea of superiority and all the kindred on the ideas of justice? The vessel that contained water was hanging half way in the well fearful
of her Pativrata Dharma Sakti. Generally people are impatient and they expect Siddhis after doing a little selfless service. He should not expect any kind of fruits for his actions herein and hereafter. One should not expect any kind of fruits for his actions herein and hereafter. One should not expect any kind of fruits for his actions herein and hereafter. One should not expect any kind of fruits for his actions herein and hereafter.
Lord of creation created human beings along with sacrifices. The guest ate this portion and was fully satisfied. He can change or alter the destiny of the whole world. The parents of those who were killed suffer. Though females
are more passionate, yet they have more power of restraint than males. Every consequence has an antecedent. Karmas, when they are performed as Isvararpana without expectation of fruits, purify the heart. Then you are beyond the operation of the law of Karma. In agriculture you may manure and plough the land. A pure man who has done
Nishkamya Karma Yoga for several years and who has done worship of Isvara for a long time can readily find out the Divine Will when he wants to do certain actions. Dacoit Ratnakar was changed into Sage Valmiki by the current of Rishi Narada. Much of the evil has grown through men of one caste grasping at the work of the other castes, and
thinking more of the rights his caste gives him than of the duties it imposes. Nay, this world is full of temptations. Practise to hear the inner voice in the morning at 4 a.m. If there are fear, shame, doubt, pricking of the conscience, and uneasiness of mind, know that you are doing wrong. Give me a calm, pure and balanced mind. Similarly the idea of
duty also varies among people of different countries. Transcend the pairs of opposites or Dvandvas and rest in the non-dual and absolute Brahman. For a Vedantin it is all Purushartha only; for he is a man of self-reliance. Give me a definite promise now. If you do good Karmas in a selfless spirit, you will soar high to the regions of bliss and peace.
Certainly, so long as we are living in a body we exercise it through the brain. Scope for Personal Exertion In the Gita you will find: "Even the man of knowledge acts in conformity with his own nature; beings follow nature; what shall restraint avail." Ch. III-33. If in that life he believes in Christ, he will get eternal peace in heaven; if he is an unbelieven
in that life, he will get eternal damnation, he will be thrown forever into the lake of fire or into a horrible hell. If you get some fortune in this birth, the cause is some good action that you must have done in your previous birth. Nature has become his obedient servant. This is the Ahamgraha-Upasana. You will become Tamasic and dull. Karma Yoga is
generally combined with Bhakti Yoga. They prepare the ground of Antahkarana for the dawn of Brahma Jnana. This is skill in action which the Gita speaks of in chapter two. Hence I seriously warn you. It is highly lamentable to note that the grandeur, solemnity and dignity of this stage of life is lost now owing to the confusion of its duties with those of
the student, caused by the modern evil of child-marriage. They vary according to time, special circumstances, Varna and Ashrama. It gives you a little pain in the beginning because you have never worked up to this time in this line of selfless and disinterested service. Thou art everything. God is Truth. He should be able to move and mix with
everybody without distinction of caste, creed or colour. It is also wrong to think that actions lead to bondage, and that they should not, therefore be performed. They are your enemies. Certainly, unless one cleanses the augean stables of his mind and expurgates all impurities through selfless and disinterested service while living amid the toil and moil
of the world, he will find himself in a fool's paradise, when he puts on the second orange-coloured garb to follow the path of renunciation. The binding link is really in the mind. Some dogs get royal treatment in the palaces of kings. Good mental health can be attained and maintained by Japa, meditation, Brahmacharya, practice of Yama and Niyama
and right conduct, right thinking, right speaking and right action, Atma Vichara, change of thought, relaxation of mind by dwelling the mind on pleasant thoughts, mental recreation and the practice of cheerfulness. Feel: 'I am Nimitta or an instrument in His hands. Do not take a higher step before you completely master the lower one. Hostility is the
result. I have no clear idea of right and wrong. One should not treat a man who has a low ideal, with contempt. Energy is wasted in useless thinking. Why does a man behave in a rude manner? All actions will eventually culminate in Jnana. Fashion has made you a beggar of beggars. This is the master-key to open the realms of Brahmic bliss. Evil exists
to glorify good. The fly runs towards the fire or lamp thinking that it is a flower and gets burnt up. It is the substratum for a life of peace in the Atman. They remain in a very, very subtle form, just as sound remains in a subtle form in a gramophone record. He is the worst man. How long did you perform Asanas? Think you are pure, pure you will
become. You will have liberation or Mukti. He cannot see the good in others. Why should an entity which was sometime ago in the vegetable stale now appear in an animal body? What a great pity! The old Samskaras of vanity, cunningness, crookedness, arrogance, petty-mindedness, fighting nature, pride, self-esteem or thinking too much of one's
self, speaking ill of others, belittling others, belittling others, belittling others, may be still lurking in your mind. Thou art the sexless Atman. Doctrine of Reincarnation The doctri
ignorant man is a slave of these two Vrittis and so he is tossed about hither like a straw in this ocean of Samsara. Patanjali Maharishi prescribes easy definite methods in his Raja Yoga philosophy to control these two Vrittis. You can also do so, if you have strong will and iron determination. He loses his memory, intellect and understanding
The mind is set in motion or rendered active by two things, viz., the vibration of Prana and Vasanas (subtle desires). The wise heads in a nation should not neglect the dominating sway of this law. He came direct to the market and found the butcher chopping meat. He should understand the secret of Karma Yoga. It is that state in which a man jumps,
sings, smiles, laughs, whistles and moves about hither with joy and ecstasy. The law of compensation embraces a wide range of the whole soul-life. She pointed out the place where money was kept, and an old well in the house which is covered now. Cut short the cycle and enjoy the supreme bliss right now in this very second, in this birth
It removes depression. You will get a broad and liberal outlook on life. Man is not brought here to amass wealth by illegal means for himself and his children. Feel the all-perwading, all-permeating indwelling God in him. He who acteth, placing all actions in the Eternal, abandoning all kinds of attachment, is unaffected by sin as a
lotus leaf by the drops of water. Both must fall into a deep abyss. The whole magazine of knowledge is within the Atman or the Self. Ask any car-driver: 'What is your duty?' He will say: 'Anyhow I must earn Rs. 20 daily. Bhakti is the fulfilment of Karma, Yoga (i.e., Raja Yoga) of Bhakti and Karma, and Jnana of all the preceding three. Even slight
annoyance and irritability affects the mind and the astral body. If you take an individual life as an isolated event that begins with the birth of the physical body and terminates with its death, you cannot find any correct explanation or solution for the affairs of life. Life is short, time is fleeting. At the time of death the mental pictures of a tumbler or
stick only will come to his mind. Is it a single Karma or a combination of several Karmas that brings epilepsy? He can kill thousands of Brahmins and millions of people. The ground (mind) must be prepared first. They can only be fried in toto by Asamprajnata Samadhi. Reaction that follows an action is Karma. God can never be unjust or partial. All
other laws of Nature are subordinate to this fundamental law. In other words, it is only half a truth that is understood and followed. The arguments which are advanced by determinists in saying that human will is determined are not sound and tenable; they fall to the ground. When nocturnal pollutions take place, the mind which was working in the
inner astral body suddenly enters the physical body in an agitated condition. A great thinker says: "Give me health and a day: I will make the pomp of emperors ridiculous." Life without good health is a miserable condition, even if one is the Lord of the whole earth. To give pleasure to others is right; to spread misery and pain to others is wrong. This
"Look here, Mr. Dowlatram! Man is gaining new experiences and new knowledge everyday. Why is another man sickly and miserable? This will destroy all other lower selfish motives and will eventually die by itself, just as the stick used in burning a dead body burns the dead body and is itself consumed in the end. The fact of the matter is that free
will is never choked and stifled by any past action. Likewise, a wise sailor in the ocean of this life, who has a detailed knowledge of the laws of Karma and Nature can sail smoothly and reach the goal of life positively. All the physical and mental forces in Nature obey this grand law of cause and effect. There is no real happiness in this world. Raja
Janaka sent a servant to call the Sadhu on the seventh day for execution. Can you attribute an iota or grain of self-purified, self-ruled, with
senses subdued, whose self is the self of all beings, although acting, he is not affected. Develop your will also. He should control his emotions and impulses through the purity of the mind the aspirant gets Jnana. Man
Arjuna says to the Lord: "My heart is weighed down with the voice of faintness, my mind is confused as to duty. It is the height of folly to decorate this filthy perishable compound of flesh and bone with artistic borders. That is the reason why they fail miserably to realise the Truth. Feel His presence everywhere as well as His nearness. The righteous
who eat the remnant of the sacrifice, are freed from all sins; but the unholy men who cook for their own sake, verily eat sin. The parents prescribe Purushartha to their children. It is a great pity that the doctrine of Karma is mistaken for fatalism. Deva Yajna-offering sacrifice to the gods. The mind extracts work from these soldiers when it desires to
get sensual objects for its gratification. Have you understood the secret of Ahimsa now? With mind and reason set on Me, without doubt, thou shalt come unto Me." Ch. VIII-7. Now mercy and sympathy will arise in your heart. You will get unfavourable circumstances, conditions and environments. Do you see clearly the difference now? You cannot
think of a time when this feeling of 'Aham' or 'I' has not existed. If you are unable to do so, and he will select for you the ideal that is suitable to your capacity and standard. They make no progress in life. Otherwise he fails in his duty. Then alone you have lived your life well. The Sannyasin rejoiced at the marvellous power
he possessed. It is always open to him to mould the Karma which is in the course of making, in any way he likes. The Health Officers of Calcutta and Dacca. He learnt many practical lessons from his life and in turn became a real, humble devotee of Lord Siva. One should never say: "I am
a great sinner." On the contrary he should assert: "I am eternally the pure Atman." Purity is your birthright. He prepared nice dishes as he thought he would be initiated this time by the Sadhu. They learnt a lesson that the life of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to that of an ideal Sannyasin who is treading the path of Nivritti and austerity in no way inferior to the normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the path of Nivritti and austerity in normal sannyasin who is treading the n
the Himalayan caves, and that each is great in his own place. The universe, with this alternate existence of Kalpa and Pralaya has had no beginning at all. Everything is the Dharma of the mind. The present system of education needs a drastic and radical change. These impressions are indestructible. His company will be like a fortress for you.
Gradually, through right exertion (Purushartha), he rose to the position of a Prime Minister. An angry man commits murder. He himself was a wonderful Karma yogi! Let us all follow in his footsteps and his ideal and remove the wrong impressions that are formed in the minds of our countrymen. You will be highly delighted indeed. If God is all-
merciful why can He not make all equally noble, virtuous, happy, good, moral and spiritual? If he finds this also difficult, he can remain upstairs or in a solitary room and forms. The money market is tight. Kill Desire Arjuna said:
"But, dragged on by what does a man commit sin, reluctantly indeed, O Varshneya, as it were, by force constrained?" The Blessed Lord said: "It is desire, it is wrath, begotten by the quality of mobility, all-consuming and all-polluting-know thou this as our foe here on earth. 15. If one dies when Tamas is predominant, he will be born in the womb of
the senseless. He should have real lasting dispassion and discrimination. He cannot appreciate the meritorious actions of others. Egoism of man asserts at every second. To shoot a dog or a horse that is suffering from acute agony that cannot be alleviated, is Ahimsa for a European. The senses move among the senses. I am not able
to please anybody to the fullest extent. There are sweet vegetables and herbs which the flame can render palatable and mellow. But he is the primum mobile. What is the cause of this apparent injustice? Desire is of a highly complex and incomprehensible nature. The self-assertive man should change his mental attitude. There is no hope for this man
to feel the Advaitic unity of consciousness-Sarvam Khalvidam Brahma-"All this indeed is Brahman," unless the aspirant destroys ruthlessly all sorts of Ghrina, hatred, petty-mindedness, jealousy, envy, idea of superiority and all barriers that separate man from man, by incessant, protracted service of humanity with the right mental attitude or divine
Bhava. You can see the needle properly." But she implicitly obeyed his word. He will be in the enjoyment of eternal peace and bliss. Do the actions, every thought, however trivial and insignificant it may be, affects the whole world directly or indirectly. In our
ignorance we may not be able to trace the immediate cause with certainty, definiteness and accuracy, but this much is certain beyond the least shadow of doubt, that nothing unmerited can happen to us or to our country. He talks of his own abilities and accuracy, but this much is certain beyond the least shadow of doubt, that nothing unmerited can happen to us or to our country. He talks of his own abilities and accuracy, but this much is certain beyond the least shadow of doubt, that nothing unmerited can happen to us or to our country.
of the eyes, and nicotine poisoning of the system. Fatalism causes inertia, lethargy, weakness of will and bondage. We should have good health in order that we may achieve the four kinds of Purushartha-Dharma, Artha, Kama and Moksha (righteousness, wealth, desires and liberation). As soon as this is accomplished the soul is freed from all kinds of
bondage and acquires perfect knowledge and bliss. He is a free agent. He cannot do a little more work. Quick, quick, there is not a moment to waste, not a minute to delay. Lust is at the root of all this. I shampoo his feet. The sphere of activity varies according to the nature of your Karma and the character formed by it. Those who engage themselves
frequently in hot debates, vain discussions, wrangling, lingual warfare and intellectual gymnastics cause serious damage to the astral body. How active was Sri Sankara himself, the propounder of Maya-Vada! Look at the magnanimous work turned out by him! He preached against selfish Karmas only. It helps the performer to see and feel the one
Satchidananda in all, and all in the One. Keep the reason rooted in the Self. Dr. Bose's discoveries of the modern day can have reference only to the Isvaric life, not the life of any Jiva in the mineral. He gets knowledge of the Self. The ancient civilisation of Egypt was built upon this doctrine, and it was handed over to Pythagoras, Empedocles, Plato,
Virgil and Ovid who scattered it through Greece and Italy. Pain corrects, educates and disciplines the soul. Work unselfishly with disinterested spirit. The mind is starved to death. His definition of Yoga is: Yogah Chitta Vritti Nirodhah "Yoga is control or restraint of the modifications of the Chitta." He also prescribes Purushartha to extirpate Vrittis
and control nature and to attain Kaivalya Moksha or independence. The doctrine of reincarnation is common to Hinduism, Buddhism and Jainism. They are ever ready to obey his command. It may be lust for money or lust for carnal pleasures. He can control anger and falsehood. There is no panacea more potent than Brahmacharya to eradicate this
terrible malady-lust-of ignorant persons and to make the aspirants well-established in Brahman (Brahma Sthiti). In other words, they are lip-Vedantins. This grand law operates everywhere on the physical and mental planes. Attempt to realise the ideal. Brahmacharis should entirely give up betel-chewing, cigarettes, tobacco, snuff, tea and coffee. The
man is dragged to places where he can get his objects of desire. If you create interest in work which the mind revolts against, you later like to do any kind of work. The Karma Yogi gets inner spiritual strength and power by performing motiveless and selfless actions. Here is also another interesting illustration. Give up fashion now. One may do a great
deal of Vyavahara in society, another may remain quiet in a cave. No Pratyavaya Dosha will affect him from his inaction, teeping, bearing, teeling, walking, seeing, hearing, eating, feeling, willing, desiring, thinking-all the
actions of the body, mind and senses are Karma. The standard of right and wrong he sets up by his own conduct, by that the common masses go. Never care for the fruits of your actions. Always think of the evils of flesh-eating and the benefits of a vegetable diet. From Achara, Dharma is born; and Dharma enhances life. He said: "By this shall ye
propagate; be this to you the giver of desires." Just as one can get any object from Kamadhenu, the cow of Indra, so also you can get anything by performing sacrifice. They have full control of their hair styles. Think twice before you come to definite conclusions. They are now in the same state as they were when they were born. This is more solid
work. In none of these stages must a man grasp at the special duties of the other three. This world is nothing but sex and ego. They should eradicate them by developing tolerance, pure love and other Sattvic qualities. It is removal of a physical want for three hours. It is very difficult to define these terms precisely. The mind grows when the interests
of others are also considered, as the physical body grows up packing together more cells. Women are fit for this Bhakti Yoga Marga as affection predominates in the forest with a piece of Kowpeen and a Kamandalu, his mind was full of attachment. From the vibration
of an electron to the revolution of a mighty planet, from the falling of a telegraphic message to the telepathic communication of a Yogi in the thought-world-every event is the
effect of some invisible force that works in happy concord and harmony with the law of cause and effect. Combine Bhakti or Jnana with Karma Yoga. If you want to learn more, go to a butcher who sells meat in the big market. It is indeed a rare gift which can only be attained by protracted selfless service with Atma Bhava, equal vision, controlled
Indriyas and self-restraint, by developing virtues such as adaptability, broad and generous tolerance, serenity, calmness, control of temper and by removing anxieties, worries, fear and depression by spiritual Sadhana and meditation. That portion of the semen which goes to nourish the heart and body will flow out. It is
the thought that sways the body. This is better than the life in a cave. They want the 'master's touch' or 'influence'. The fight between the Asuras and the Devas is always going on in the body and the mind. If he finds it difficult to leave he can remain in a cottage outside the house. The real culprit is man only. It is a potent weapon for waging war
against the internal Asuras, viz., Kama, Krodha, Lobha, etc. Some people become a prey to thoughts of sin. They will have to practise it. The Bania pressed the Sadhu again and again on several days for quick initiation. I am becoming purer and purer. Their minds are saturated with all
sorts of fantastic desires and selfishness, and as a result, their minds are very impure and clouded. Those who do menial service are the Sudras. Sacrifice ariseth out of action. These sayings and teachings are in couplets. The butcher gave him beautiful, soul-stirring replies concerning the Atman, the nature of freedom, Sadhana, the state of a
Jivanmukta, etc. How difficult it is to control a servant of the house! How much more difficult it will be to control one Indriyas! That Yogi who has control one Indriyas! That Yogi who has control of the Indriyas (Jitendriya) is a mighty potentate on earth. It cannot elevate a man much. I walk in the footsteps of Savitri, Nalayani and
Anasuya. Consult the Code of Manu or Yajnavalkya Smriti whenever you have doubts. Do not allow any evil thought to enter the gates of the mental factory. The central teaching of the Gita is non-attachment to action. Act rightly. You will be able to do two things at a time through gradual practice. Though Sattva is a desirable quality, yet it also binds
a man. The lawful actions are of four kinds: 1. Will it be proper to infer that a book written by an advanced author has 'evolved' out of a small booklet? There is no king who is so pious as myself." Lord Siva appeared in his dream that night and said: "O king! Do not be proud of
your piety, devotion and charity. How many times and how long of anger and with what self-punishment? This world runs on this fundamental, vital law. What Indriya is troubling you most? That is the reason why, in Charaka Samhita you will find: Dharmartha Kamamokshanam Arogyam moolam uttamam-health is the best thing in this world. If your
preceptor says: "Amritam, bring me some groundnut oil," extract the oil in the twinkling of an eye and take it in a cup to your Guru. I get up in the morning before he arises. The father, brothers and sisters are all heavy smokers. But the former needs a great deal of struggle for many years. What he sows today he will reap tomorrow. He should then
say: Om Tat Sat Krishnarpanamastu or Om Tat Sat Brahmarpanamastu in the end and at night when he retires to bed. And today it reigns over the Burmese, Siamese, Chinese, Japanese, Tartar, Tibetan, East Indian and Ceylonese including at least 750 millions of mankind or nearly two thirds of the human race. He will be of a sterner stuff. Let me
remind you once more of the words of the Gita: Samniyamyendriyagramam sarvatra samabuddhayah Te prapnuvanti mameva sarvabhutahite rataah. Fate is one's own creation. You cannot imagine the exalted condition of a man of pure mind. They should destroy the impulses of arguing through careful introspection. Meditation and Action That man
who meditates in a cave in the Himalayas finds it difficult to work in the world. I may forget Thee if I get pleasure." Bhaktas rejoice in suffering. Man enjoys good health on account of good Karmas done in his previous birth. It is my duty to share with you the weal and woe of life. It says: "If you hurt another man, you hurt yourself." Every act produces
in the performer a double effect, one in the inner nature in the form of a tendency, good or bad, and the other in the form of fruit, reward or punishment. Though a lady appears to be gentle and soft, yet she becomes rude, rough and distinctly masculine when she becomes angry. How many Mantras you wrote? You will clearly understand that the
right performance of the duties of any station in life without attachment will bring Self-realisation and liberation. That Yogi who has disciplined himself through ceaseless and protracted Sadhana, continuous meditation, Pranayama and Atmic Vichara, the practice of Sama, Dama, Yama and Niyama, is also safe, although he has not attained the state of sama.
perfect sex-sublimation. It is the thought that moves the body to action. He who has controlled the mind has controlled also the breath. That is the reason why occultists say: "Cultivate good thoughts. The Bania brought nice sweet-meats, Kheer, Halwa, etc., for the Sadhu. Sometimes Tamas prevails and the man becomes slothful. The law of causation
with its paddy, oats, gems, beasts and women, still it will not be considered by him enough. He speaks little. Nobody can earn an everlasting name in this Mayaic plane. The Karma Yogi should have non-attachment to the fruits of actions. Do not become a victim of this terrible malady. Thou art the immortal soul. Karma produces character and
character in turn produces will. These four persons died of starvation the same day. What is reincarnation? He has established himself in his own Svarupa. Sri Jnana Dev, Goraknath, Raja Bhartrihari and Sadasiva Brahman were all Raja Yogis of great repute and glory. Chapter Four Karma And Freedom 1. He must try his level best to eradicate them
and must thank the man who points them out. "Yoga is the restraint of mental modifications." This is the definition of Raja Yoga according to Patanjali Maharishi. Worry does great harm to the astral body and the mind. Why should I give it up?" Very sound philosophy indeed! They bring in ingenious arguments to support their evil habit. That is the
way to reach the goal. It is selfishness that has deplorably contracted your heart. Even a poor woman at Lahore pays five rupees for making a single ordinary frock. Those who are in the habit of getting up from bed between 3 and 4 a.m. and doing Japa, Pranayama and Dhyana can never fall victims to nocturnal pollutions. You will have to leave even
such subtle attachment as: "May God be pleased." Work merely for the sake of the Lord. writes in the Hindu Mind: "There is nothing which has wrought so much havoc in the practical life of the Hindus as the misconception of the Law of Karma-the eternal law of cause and effect-that works with unerring precision in all the departments of human life
Do not trust your Indriyas. The mind is filled with purity (Sattva) if you work without expectation of fruits, if you work for the sake of God, if you regard work as worship or Puja of Narayana, if you dedicate all your actions to God as Isvararpana. There are many even at the present time also. Meat-Eating Meat is not at all necessary for the keeping up
of health. It contains the impressions of thoughts and actions of the previous births. Clandestine prostitution takes place vigorously. That is the reason why scriptures declare that this body is a boat to cross the ocean of Samsara, an instrument for doing virtuous deeds and attaining Moksha. They have not tried to understand the real spirit of Karma
Yoga and Vedanta. I cannot live without Thee even for a second." Work cannot bring misery but it is the attachment and identification to work that brings in all sorts of worries, troubles and unhappiness. When the man becomes furious, he loses his reason and power of judgment. Even when you work, work like the typist or the harmonium player who
types or plays while talking to you, like the woman who knits and talks at the same time. He has Satkama and Satsankalpa. He should never dream even: "I have done such meritorious acts. When the dweller in the body has crossed these three qualities whence all bodies have been produced, liberated from birth, death, old age, diseases and sorrow,
he drinketh the nectar of immortality. These three qualities are inseparable. Service of the sick is my ideal." A third man may say: "I will beg from door to door and start a Kshettar for feeding Sadhus and Sannyasins. Boys and girls, men and women, are drowned in the ocean of impure thoughts, lustful desires and little sensual pleasures. The man
whom you serve will refuse to accept such service. I cannot bear this pain. Mixed Karmas are partly bad and its results are: (1) The mind becomes pure in certain respects and more impure in certain others. I have seen several Bhaktas in all my experiences of life in this line-Bhaktas who wear half a dozen rosaries around their necks and wrists, and
mutter Hare Rama Hare Krishna day in and day out with a long Japa Mala in their hands. Some people who observe Brahmacharya for one or two years, become more passionate and waste the energy considerably in the end. The affairs of our lives are so very intricate and complicated that we find it difficult to trace the energy considerably in the end. The affairs of our lives are so very intricate and complicated that we find it difficult to trace the energy considerably in the end.
This was the predominating feature of our ancient culture. Serve with Narayana Bhava. Lord Krishna says in the Gita: Ye yatha maam prapadyante taamstathaiva bhajamyaham Mama vartmaanuvartante manushyaah partha sarvasah. How do you account for this? So is this world. It is an internal condition. Serve everyone with intense love, without the
idea of agency, without expectation of fruits, reward or even appreciation. "If once we understand the law our ally and helpmate rather than our adversary. Give. I must act in accordance with my thought. They are hungry. Is it not wonderful than that this
great and grand philosophical education which the Hindus, Buddhists and Jains gave to the world centuries and centuries are considered as a constant and centuries are constant and constant and constant are constant and constant and constant are constant 
nothing, when compared to the priceless treasures of the Atman. The theory of 'preordination and Grace' cannot be accepted. If you do some good to another man, you are really helping yourself. I always say that habit is all nature. Talks about women will stir up passions. God works through your hands and eats through your mouth. Think deeply.
May freedom be the goal of thy life! May all of us exert in the right direction to achieve freedom, the birthright of man! May that supreme Being, the Antaryamin, guide us in all our actions! 2. I will not leave my seat in your body." This is the law of resistance. He studies religious scriptures. Annihilate this desire for fashion to the very root. The earth
supplies grains, gold, iron, lead, vegetables and other necessities to man. Thus acting they create no Karma-bond for it is desire that binds. The Spiritual Diary (Weekly) The Spiritual Diary is a whip for goading the mind towards righteousness and God. One reaps the fruits according to his Karmas or actions. Half of my body became golden. 8. Why
does one man possess good moral character? A Sattvic man or woman is really beautiful. If the doctor is injudicious, if he administers the medicine in over-dosage, some harm will certainly result. He must serve others. It is only the watery prostatic juice with a little semen that is discharged during nocturnal pollutions. He has Maya under His control
Without Him even an atom or leaf cannot move even a fraction of an inch. We may not be able to see the immediate cause of the catastrophe, but it does not follow that it took place without sufficient cause. (2) The thinker suffers for some time in hell, and enjoys for some time in the happy regions above. The umbrella, two Chamaras, a fan and a clean
mirror, the music of the flute, the kettledrum, the Mridanga and the horn, singing and dancing, prostrations of the eight limbs of the body, various hymns and prayers-all these which I have thought of in my mind, I duly offer to Thee. The ideas that are contained in Sloka 34 of chapter nine are repeated in Sloka 65 of chapter eighteen. In the present
system, the moral side of education is absolutely ignored. You must not say: "What is the use of my work now? The Lord further says: "Nor indeed can embodied beings completely relinquish action." Ch. XVIII-11. After studying your Vritti and mental state I shall initiate you into Sannyasa with proper Vedic rites, Vraja Homa, etc. Slokas 33 and 34
should go together. Instead of weeping over the failure of crops during last year, go on ploughing this year. Achara is the mark of the good. That is all. Honour comes by itself. The seed breaks and a big tree appears from the seed. The habit of slowly giving it up by gradual reduction generally does not turn out to be productive of good results. This is
bad. You will be as free as a bird. It purifies the heart. But work incessantly without any attachment, without identification. He does not allow any energy to be unnecessarily frittered away. They did not want suit-cases or trunks to carry their dress. That is the reason why Janaka was not at all affected by the destruction of the city of Mithila. If one has a bird. It purifies the heart. But work incessantly without any attachment, without identification. He does not allow any energy to be unnecessarily frittered away.
practised Pratyahara or abstraction of the senses he can withdraw his mind, just as the tortoise or snail withdraws its feet underneath its shell. His speech is thrilling. He cannot do any action that is evil. There is not even an iota of hope to realise the Self without self-purification by Nishkamya Karma Yoga. He is very intelligent. You have some very
illuminating and inspiring stories which have been chosen with care and added in the hope that the book will be of practical utility to the readers. Do not neglect this divine work. To have four wives (polygamy) is perfectly moral for a Muslim or a China-man, but for a Hindu this is highly immoral. Mere multiplication of the cells again cannot make a
living body. But without Yoga, O mighty-armed, renunciation is hard to attain to; the Yoga-harmonised Muni swiftly goeth to the Eternal. That is the reason why the Gita says: "Nor can anyone even for an instant remain actionless; for helplessly is everyone driven to action by the qualities born of nature." The theory of Prarabdha cannot make anyone
a fatalist. Johnson was placed in quite adverse environments. Raja Janaka once commanded a Brahmin who committed a serious crime to leave his dominion at once. Sri Sankara, Sri Dattatreya and Jnana Dev of Alandi had reached this stage. If it is itself not capable of doing any, is its ascent in evolution compulsory and due to the act of
another agent? Every man has built his personality from Anadi Kala (beginningless time). He is entrapped in so many worldly matters. They are never satiated by indulgence. He will not say: "I will not resist evil now." He will immediately take a club and give the man a good thrashing. He attributes all activities to the Divine Actor within. Will you
practise Brahmacharya and develop power and spiritual force? Man must do the Pancha Maha Yajnas daily. Some become incorrigible, immoral wrecks also. The world will continue to remain in a miserable state even if you build many millions of hospitals and feeding-places. Freedom is man's birthright. Their minds and brains are rendered callous
                                  roperly to understand what a motiveless action is. It is like the footprint of a calf. Remember, it is the mental attitude or Bhava that does immense good. I never do any wrong to anybody. He will submit himself blindly to the laws whatever they may be. If your finite mind is not able to find out the cause in an accident or
other incident, it does not mean that there is no cause behind such occurrences. You will have to be on the alert like a soldier who is on patrol duty at a magazine in a military cantonment. When you are really hungry, eat your food. I am stitching a piece of cloth. Just as you can reach Mt. Kailas by different paths such as via Badri Narayan or Almora
or Gangotri or Ladhak, so also you can reach the goal of life by different paths, viz., the path of works (Karma Yoga), love (Bhakti Yoga), psychic control (Raja Yoga) or self-analysis and knowledge (Inana Yoga), the bad Karma was the cause and the carbuncle or fracture is the effect. He is fully aware that he is a slave of Maya and Avidya: and yet
something inside tells him that he is free at the same time. Mind also works in unison with these five organs. That is the reason why Lord Krishna says: Gahana karmano gatih-mysterious is the path of action. (4) After undergoing his sufferings in hell or as a sub-human Jiva, the thinker comes again to assume a human body. He will have to dedicate
his actions at the altar of God with the feeling of Isvararpana. They dislike works such as drawing water and hewing wood, cleaning bedpans and nursing the sick. Lord Krishna says to Arjuna: "But who, controlling the senses (of knowledge) by the mind, O Arjuna, with the organs of action,
without attachment performs Yoga by action, he is worthy." Ch. III-7. He drifts like a wooden plank in a river. Without Him nothing can be done. He should do regular Pranayama, physical exercise and Asanas to keep up a high standard of health. A licentious man will think of women only when he is about to expire. Oordhvareta Yogi Mind, Prana and
Veerya (semen) are one. You should not do anything that pleases you only. The real enemy of the whole world is desire. "As a man thinketh so he becometh" is one of the great laws of Nature. This is their Siddhi or psychic power. Both have not got a balanced mind. 8. Hence He is called Bhagavan. That is the reason why Lord Krishna says in the Gita:
Karmendriyani samyamya ya aste manasa smaran, Indriyarthan vimudhatma mithyacharah sa uchyate. God-realisation can bring an end to the ever-revolving wheel of births and deaths and bestow supreme and everlasting happiness on mankind. He now realised his folly and the true glory of King Janaka. Lead a virtuous life. They have a wrong, ill-
founded imagination that the ungratified sex-energy assumes the various forms of 'complex' in disguise, such as touch-phobia, etc. The Ashramas or stage of householdership, Vanaprastha, the stage of forest-dwelling or seclusion, and Sannyasa, the order of total
renunciation. Just as a potter, having set in motion the wheel by a rod, removes his hand and rod from it, allowing the wheel to revolve till the momentum previously imparted to it is exhausted, in the same way, the Jnani, even after his attainment of Jivanmukti through Self-knowledge, continues enjoying the fruit of his Prarabdha Karma up to the end
of the present body. Where there is a way. As soon as he pays up his liabilities he is once more free to choose whether he should incur fresh debt or not. What, then, is Brahmacharya? Just as a mother who has lost nine children loves the only surviving son so dearly, so also you will have to develop boundless love for all beings. The
Indriyas that are under restraint for some months or for one or two years become rebellious, if you are not always be doing virtuous actions as they will bring peace, joy, strength and unalloyed felicity. He is quite independent. Then alone they will become real aspirants. He reflected: 'Look
at the arrogant nature of this lady. When this is done, they meet at the same goal or point. That which gives misery and pain to some, and pleasure to others, is a mixture of good and evil. I have a large family. The Health Officers of Bombay reported that 90 per cent of students are unhealthy in Karachi and about 15 per cent are suffering from
venereal diseases in Bombay. If you do not perform them daily you incur sin. Man is ever free. Prayatna is effort to obtain the desired objects. How long in Kirtan? He may not have the least tinge of self-sacrifice. Both are not perfect. Use your subconscious mind for the eradication of your habits. The Sadhu was terribly alarmed. God has given this
opportunity to you to develop mercy and love, to purify your heart and to remove Ghrina, hatred and jealousy. "Let a man raise himself, he alone is the enemy of himself, let him not lower himself; for he alone is the friend of himself, he alone is the enemy of himself, he alone is the enemy of himself, let him not lower himself; for he alone is the friend of himself, he alone is the enemy of himself, he alone is the enemy of himself." Ch. VI-5. Juna is the end. He gets a little tickling of nerves and hence he continues stealing daily. Do not
expect any fruit. I am doing Tapas, fasting and charity. If a new healthy habit is introduced even once and if you make even a single attempt in planting a new good habit, the good habit will grow gradually. From attachment there springs desire. How long did you practice physical exercise? That which gives you discomfort, uneasiness, pain and
misery, that which is not beneficial to the world and to your neighbour, is evil. Do not expect any fruit for your actions, not even approbation, thanks, gratitude, appreciation, appliance, return of salute or smile, etc. This kind of mentality should be entirely given up. If you do a wrong action against an individual, it disturbs the whole atmosphere.
Otherwise he becomes a slave. Fashion is a terrible curse. 'As in small, so in great,' says ancient Hermes. He has duties towards society and the country. There is no beginning for them, the desire to live being eternal, 'for them', i.e., for the desires. Just as the impurities of mountain-minerals are burnt thoroughly by the blower, so the stains
committed by the Indriyas are burnt by controlling the Prana. Pain is the best teacher in this world. He will indeed be better armed with wisdom, spiritual force and discrimination; he can thereby ward off very many obstacles that stand in the way of his daily work. You must slowly gain the strength to control a desire. The whole heart, mind, intellect
and soul must be in the work. I have no desire for the objects that give good smell: so I have conquered the earth. Works which are of a binding nature lose that character when performed with a balanced mind. If you regularly maintain this diary you will get solace, peace of mind and make guick progress in the spiritual path. He who performet a
prescribed action, saying: 'It ought to be done,' O Arjuna, relinquishment and also its fruit, that relinquishment is regarded as pure. It should be calm and perfectly serene. It is very difficult to find out the state of a Jnani by his external actions. Brahmacharya is a fundamental pre-requisite for an aspirant. He has an awe-inspiring personality.
Never rest contented with a little achievement or success in the path, a little faculty of thought reading, etc. It bubbles like milk over the fire. Glory of Brahmacharya There cannot be any language without vowels. This is Karma Yoga and Bhakti Yoga combined. She
was a very chaste woman who was very much devoted to her husband. A loin cloth and a Kowpeen were their personal effects. Watch every thought, word and action. We are householders and should show hospitality. Be cautious in doing your daily duties. It infuses mercy in the heart. The whole world worships them with reverence. Think: "I am
Brahman. Blessed is the man who keeps up an ideal and struggles hard to live up to his own ideal, for he will soon attain God-consciousness. 5. He is my all-in-all. It throws a flood of dear light. Action and reaction are equal and opposite. Karma Nishtha The seer of the Isavasya Upanishad prescribes in the first Sloka the method to enter into Jnana
Nishtha. This will produce Chitta Suddhi. You are yourself the author of the present state. You will have to mould or build your character. Balance of mind brings about real lasting happiness to a disciplined man. Who can describe the magnanimity, glory and majesty of a true Brahmachari! Pure air, pure water, wholesome food, physical exercise,
outdoor games like tennis-all contribute to the maintenance of good health, strength and a high standard of vigour and vitality. His very life is a living assurance for others for God-realisation. "Should one wish to live a hundred years on this earth, he should live doing Karma. Stick to Svadharma with leech-like tenacity and attain success. Feel that the
energy of Hiranyagarbha (cosmic energy) is flowing through your hands. The Lord is seated in the hearts of all. Hoping for naught, his mind and self controlled, having abandoned all greed, performing action by the body alone he doth not commit sin. Reincarnation Is Quite True Man can hardly attain perfection in one life. No real gain will come to a
gambler. Sri Sankara holds the view that it is the knowledge of Brahman only that is capable of eradicating the ignorance of human beings. Karmas which keep the individual in a backward condition are known as Papa; those which help him in advancement are Punya. He is the silent Sakshi of your mind. It is a great purifier. Rishi Viswamitra took
forbidden meat from a Chandala when there was severe famine and offered this in his sacrifice to the Devas. The reflective philosopher sits in a contemplative mood and tries to find out the cause of the phenomena of this birth and death. Thousands of Brahmins, Sadhus
and the poor have been fed. So He says: "Perform then, right action, for action is superior to inaction, and even the very maintenance of the body would not be possible by inaction." Ch. III-8. God, religion and Dharma are inseparable. This is my devotion to the Lord. Following the virtues enjoined by the three (Vedas) and desiring objects of desires,
they attain to the state of coming and going." It is very difficult to say what Karma brings forth a particular disease. A vagabond exists to glorify a saint. Those who have the habit of arguing unnecessarily and entering into vain discussions cannot expect to make an iota of progress in the spiritual path. Every one of you should practise this. Naturally
their attitude has provoked opposition, and antagonism has replaced mutual goodwill and service. Ahimsa is the first virtue that a spiritual aspirant should possess. But it lifts us up to ineffable, magnanimous heights. The world is nothing but a manifestation of God. Wake up! Open your eyes and learn to discriminate. They have not yet come to any
definite conclusions. Though initiation by an Acharya will not by itself enable a person to obtain Jnana, it will be the means of developing Jnana in him. If a man entertains good desires, he gets good thoughts and does good actions. The energy that is spent in physical labour for
ten days, or mental energy that is utilised in mental work for three days. Your tongue needs good brushing up. A terrible fit of wrath will produce deep inflammation of the astral body. Desires can never be satiated or cooled down by the enjoyment of objects. Everything depends on what we make of it and not what it makes of us." (Prof. They do
meditation and preaching. The Sastras and Smritis declare like this preceptor. Maya havors through habits. Speak the truth now. Name and fame will
destroy you like a canker in a blossom or in a young plant. The Roman Catholic purgatory seems to be a makeshift, contrived to take its place. In fact no evolution is possible from the stage of the mineral to that of the vegetable, for there is nothing in the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is possible from the stage of the mineral to take its place. In fact no evolution is place its place. In fact no evolution is place its place its place its place its place its plac
You will have to transmute all your actions into Yoga by practice. That man in whom the sex-idea is deep-rooted, can never dream of understanding Vedanta and realising Brahman even within one hundred crores of births. Little things upset their minds. He will speak anything and do anything. They lead a life of inertia. That which secures
preservation of being is Dharma. Nature is your best teacher and spiritual guide. He kills his conscience, destroys his intellect and walks self-deluded in this world, can stop the ocean waves like Lord Jesus, can blow up mountains, can command
Nature and the five elements like Jnana Dev. They are more emotional. He will reap the fruits of his evil actions in his next birth. Lord Krishna separated Himself from the body, mind and Indriyas and identified Himself with Satchidananda Svarupa. Then and then alone will you realise the true glory of Karma Yoga. They have become brilliant geniuses
and beacon-lights of the world. Therefore, different people should have different ideals. 6. It is your intimate bosom friend with whom you should keep companionship at all times. When he dedicates his action at the Lotus Feet of the Lord he develops devotion to God and approaches Him nearer and nearer. Non-attachment makes a man absolutely
bold and fearless. But work and serve others. How many days did you observe fast and vigil? He can develop Sattvic virtues and eradicate Rajas and Tamas. You have heard several valuable moral and spiritual instructions. Man is not a helpless being. How much more easily, then, the holy Brahmins and devoted royal saints (attain the goal); having
obtained this impermanent and unhappy world, do thou worship Me. Fix thy mind on Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, bow down to Me, sacrifice unto Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, be devoted to Me, sacrifice unto Me, bow down to Me, be devoted to Me, sacrifice unto Me, sa
nature changes slowly. Prana is agitated. We cannot believe this, because the facts always prove the contrary. He glared at the crane. Your efforts will be rendered futile if you do not get rain in the year. Kamva Karmas-optional rites. Those who want to have an independent living should bring Rs. 1.600. Its branches ramify in all directions in the
regions of the Rajasic mind. You have to combine energy in work, with indifference to the result of the work. Every man can have Self-realisation in his own station of life by discharging his daily duties. This will not bind you. There is no uncertainty here regarding the result of any effort. The Atman is the storehouse or Bhandara of knowledge. She has
to help the husband in his spiritual evolution. Philosophy aims at finding out the cause for this pain and tries to eradicate the pain by prescribing suitable remedies. We have no Self-realisation. The sun gives energy and warmth to plants and human beings and converts saltish waters of the sea into good drinkable water. He will have strong nerves. It
is a source of solace. Look to the good points of others. Stoics also do the same. No individual will be able to do this by consulting his conscience only. The Indrivas or senses bring the man in contact with external objects and the desires are thereby created. In St. John IX-2 a question is put to Jesus by his disciples: Which did sin, this man or his
parents that he was born blind? If a Sadhu has one Kowpeen and a long beard and matted hair, he is regarded as a first-class Virakta Mahatma. The spirit of service must be deeply ingrained in your very bones, cells, tissues and nerves. The Prakriti does everything. Karma Yoga prepares the mind for the reception of light or knowledge. I have every
right and privilege from Nature, my kind mother, to remain here. Himsa and Ahimsa are relative terms. That man who tries to evolve or grow in adverse environments will be a very strong man indeed. I cannot fathom out and gauge their depths. Mark carefully the evil after-effects that follow the loss of energy! The body and mind refuse to work
energetically. Tarash, the case in which arrows are accumulated, represents our Sanchita Karmas; the arrow which has already left the bow, which cannot return, which must hit the target, represents the Prarabdha Karmas; and the arrow which has already left the bow, which cannot return, which must hit the target, represents our Sanchita Karmas; and the arrow which has already left the bow, which cannot return, which must hit the target, represents our Sanchita Karmas; and the arrow which has already left the bow, which cannot return, which must hit the target, represents our Sanchita Karmas; and the arrow which has already left the bow, which cannot return, which must hit the target, represents our Sanchita Karmas; and the arrow which has already left the bow, which cannot return, which must hit the target, represents our Sanchita Karmas; and the arrow which has already left the bow, which cannot return, which must have a supplied to the control of the 
may be placed in life, if only he works with this right mental attitude. Right and Wrong Action Have right thinking. Our previous and present efforts, in case they are in contrary directions, are the two rams fighting against each other. Create field for good service. Events occur in succession or order. Man becomes bankrupt by gambling. The Sanchita
and Agami are destroyed by getting Brahma Jnana or knowledge of the Self or God. You are nearing the goal now. He was a journalist. Neophytes and young men can have work and meditation in the beginning for some years. 2. Do intense meditation. Man can do and undo his destiny by his own thoughts and character. Know thou that from Brahma
action groweth, and Brahma from the Imperishable cometh. "Thy business is with the action only, never with its fruits; so let not the fruits of action be thy motive, nor be thou to inaction attached." Gita: Chapter II-47. He shakes off the bondage of birth. Aspirants must have an eager receptive attitude to imbibe the teachings of the master. When the
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mind is concentrated on one thing, there will arise in it, through the action of the Guru, another kind of knowledge not anticipated. Ladies are more talkative. Many who have been born in slums and filthy surroundings have risen to the highest status in the world. They ever brood: "We are great sinners. Brahma Yajna-Teaching and reciting the
scriptures. When one is under the sway of anger, he will commit all sorts of sins. No opportunity is afforded to the sinner to purify himself in later births. When all actions are performed for God's sake in fulfilment of His purpose without desire for fruit, the Karma Yogi gets illumination. According to the nature of desire the man gets environments. It
is one's own make-up. Do not think too much of yourself. Practical Vedanta is rare in these days. This is the working of the law of reaction. Develop keen enthusiasm for disinterested, selfless service. From food chyle (Rasa) is manufactured. It purifies the heart and prepares the mind for the dawn of knowledge (Jnana Udaya). Greed, outgoing energy,
undertaking of action, restlessness and desire-these are born of the increase of Rajas. In fact it is this silent Juani who does more substantial work than the platform lecturers. This produces a deep and profound impression on the minds of the people. The lady of the house was engaged in nursing her sick husband. The physical body may change but
the events and the law of compensation continue all throughout. It is these Samskaras that bring a man again and again to this physical plane. Man finds it difficult to adjust to the ways and habits of others. We will have a glorious Satyayuga now with peace and plenty everywhere. I live for Thee alone. If you do not want pain, give up sensual pleasure
He who sees that Prakriti performs all actions and that the Self is actionless, really sees. He will teach you something of absorbing interest and importance. I have always been a truthful man. The second Sutra in Yoga Darshan of Patanjali Maharishi in the first chapter reads: Yogas Chitta Vritti Nirodhah. Be not anxious. He who cheats another cheats
himself first. Thou art the son of the King of kings, of the Emperor of emperors-the Brahman of the Upanishads, the Atman that dwells in the chambers of your heart (Hridaya Guha). Whatever you hear is God. If you are endowed with good character, mercy, Brahmacharya, truthfulness, pure love, tolerance and serenity, these qualities will more than
counterbalance many evil qualities you may possess. By right thinking and Vichara and strong Purushartha he can become master of his destiny. Rub your tongue well with this sugar soap. He introspects. The experience of happiness and misery, owing to his non-attachment, is impotent to produce the seeds of Sanchita Karma, as the parched grains
are impotent to germinate and produce any crop. In these days many young aspirants wander aimlessly from place to place and do not want to hear the instructions of their teachers or experienced saints. A Nitya Sannyasin or perpetual ascetic is one who neither hates nor desires, one who is free from the pairs of opposites. A sober man just tastes a
small peg of champagne when he is caught up in evil company and he becomes an inveterate drunkard through attachment to liquor. Die unknown. Treat name and fame as offal, poison or vomited matter. See how Prarabdha operates. This is the theory of Ayurveda which quite tallies with the theory of Raja Yoga and the theory of Western
psychologists. Karma is the lowest rung in the spiritual ladder. He is immensely pleased when someone begins to flatter him. There is every change of his correction and improvement by changing his thoughts and his habits. It expands the heart and breaks all barriers that stand in the way of unity or oneness. Every opportunity is meant for your uplif
and development. Have you realised, my dear friends, the importance of Brahmacharya? The Samkara causes a tendency. You cannot expect to attain immortality immediately or the final beatitude. He will become a changed being with the king.
Never, never say: 'I have helped that man.' Feel and think: 'That man gave me an opportunity to serve. Yes, by doing service you purify your heart. "But without Yoga, O mighty-armed, renunciation is hard to obtain." Gita: Chapter V-6. Then alone come to me. He should be prepared to give up the body at any time to a noble cause. The meaning of this
Sloka is misunderstood by many people. Men and women have become absolute slaves of fashion. Again the Gita says: "There is not an entity, either on earth, or again in heaven among the shining ones, that is liberated from these three qualities born of matter." That Yogi who has transcended the three qualities of Rajas, Tamas and Sattva, and rests
in the Self can be really actionless. The senses, the mind and the reason are said to be its seat; by these, enveloping wisdom, it bewilders the dweller in the body. As soon as you take away your hands, it will again become crooked. No action goes in vain. When the mind raises its hood of Vritti, he takes the rod of Viveka and strikes at the hood. The
suckling of a child and the act of swimming of a duckling-these instinctive acts are proofs of memory which must be the result of their corresponding and inseparable impressions left by the same acts in a previous incarnation, never mind when and where. The greatest punishment for such people is to put them in silence for three days. He has to
mould his character in a perfect manner. That is the reason why Vasishthaji and Bhishma have placed Purushartha above destiny. Variety in manifestation is the Svabhava of Prakriti to keep up the charm of this world. He then blessed the poor Brahmin and his family and departed in great joy. It is my destiny only." This is fatalism. The causes must
relate to the previous existence of every such Jiva in question. A Karma Yogi or a householder should possess the virtue of self-sacrifice to a remarkable degree. Do not accuse God. This is all delusion. There is no attachment to the work here. That man who constantly dwells on sexual thoughts is highly immoral even though he observes physical
Brahmacharya by controlling the body. The lot of that man who expects fruits is pitiable indeed! He is the most miserable man in this world." You cannot remove completely all the evils from this world. He can do and undo his thoughts, habits, character and destiny. They revolt and drag you out when opportunities arise. Vedanta is only an
amplification and fulfilment of Sankhya. Bear in mind that every small act that you perform is the resultant of triple conjoint forces, viz., freewill, character and fate. The semen dries up in those who practise Pranayama seriously. Dear friends! Understand this law. The semen dries up in those who practise pranayama seriously.
This is an immutable law and holds good in everything without exception. Story of a Bania A Bania once approached a Sadhu for initiation. The Sikh became very furious, caught hold of the neck of the Bengalee and threw him into the Ganga. "From food creatures become; from rain is the production of food; rain proceedeth from sacrifice. This is a
mistake. You will feel that you are quite a changed being. Intense and constant meditation is necessary for entering into Samadhi. The various Ritus or seasons are brought about by the movement of the earth round the sun. He should think that God is the
inner ruler (Antaryamin), that He alone manipulates all his organs from behind, and that He is the wire-puller of the body. It is the mind that really works through these organs. A Brahmin or a Sannyasin wants vegetable food, milk and fruits to help his meditation and keep up his Sattvic mental attitude. In verse three of the same chapter He says:
"Nobody can attain perfection, i.e., freedom from action and devotion in the path of Inana Yoga by mere renunciation, by merely abandoning action without acquiring Brahma Inana." 6. Queen Chudalai and Raja Ianaka had not a bit of attachment for their wealth and estate. My sympathies are ever with you. Dear reader! Can you find a single devoted
wife like Vasuki in these days of modern civilisation and scientific advancement? The duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, Kshatriya and Sudra, the duties of a Brahmin, Vaishya, 
"Love thy neighbour as thyself. No: there is nothing that can happen to us beyond the scope of the good and utterly just laws. I have to purchase ten gallons of petrol, tires, tubes and crude oil. Try to straighten the tail of a dog. Even the wise are herein perplexed. If a man has a strong character, he has a strong will. He need not exert, because he has
nothing to gain. Workers in the political and social fields, whose minds are saturated with Karmic Samskaras and tendencies cannot comprehend the veracity of this statement. She is not aware of my Yogic powers.' While he was thinking thus the lady said: "O Bhikshu! There is no crane here. Many aspirants of the present-day prefer to do some
pleasant work, some writing, some collection of flowers for Puja, arranging books in the library, some typewriting, some kind of supervision and management work, etc. He must serve his parents who have given him this physical body with great Shraddha and Bhava. You must do all work efficiently and perfectly. The cause is found in the effect and
the effect is found in the cause. There will be terrible injustice everywhere. An enormous amount of money is wasted uselessly in gambling and drinking. Many have achieved this in times of yore. You will have plenty of crops and food. He identifies himself with Brahman. Atma Jnana is imperishable and inexhaustible wealth. Then he develops
attachment to them. Serve. They may be arranged in some regular order. If you observe fasting during Ekadasi days to propitiate Lord Hari, and if your mind constantly thinks of various kinds of delicious food, you will not get the benefits of fasting. Thou art the Atman, Buddhi is Thy consort Parvathy (who is born of the mountain), the Pranas Thy
attendants, this body Thy temple, the action of sensual enjoyments Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are Thy worship, deep sleep is the remaining in Samadhi, walking by my feet is perambulation around Thee, all my speeches are the spee
received illumination. The more powerful of the two always overthrows the other (II-6-10). Then you will have no room for complaint or lamentation. You can become a Yogi or Jnani by right desire, by right thinking and by right action. He himself has enthroned fate to the level of a king and obeys its order owing to his ignorance and its effects.
Eradicate evil thoughts." Every thought has a cause behind it. Fix your mind at the Lotus Feet of the Lord. That man who helps others really helps himself. It is the most difficult of all ideals to fulfil. Then there is the preference for objects. The seed has its cause in the tree and itself becomes in turn the cause of a tree. Every one is correct from his
own viewpoint. But necessity is not to be mistaken for destiny which we can neither defy nor delude. Qualifications of a Karma Yogi A Karma Yogi should be absolutely free from lust, greed, anger and egoism. Give me Chitta Suddhi. Harireva Jagat Jagadeva Harih. The Atman is all-pervading. Never for a moment think that you are a sinner. Mark the
words of the Yoga Vasishtha in this connection:- "There is nothing like destiny other than the effect of our previous efforts (II-6-4). Every brute, every little insect and every one of the plants and trees, all were, and are going to be again human beings themselves. He can control and modify them by his capacities, thoughts, good actions and right
exertions (Purushartha). The five senses delude you at every moment. Create work. His wife was an ideal, chaste and devoted lady who would implicitly carry them out. Selfishness of all sorts will be annihilated. Be always busy. Practice of combined Karma and Jnana Yoga in the world is far more difficult than the
practice of pure Jnana Yoga in a cave of Himalayan retreats. He will have a strong will. But those whose conduct has been evil will quickly attain an evil birth, the birth of a dog or hog. Appendix Special Instructions For Karma Yogis 1. Nip it in the bud. Then only will he enjoy real peace of mind. If success follows, he will check the feeling of elation; if
failure, he will not permit depression to master him. It is a great pity that they have not understood the essence and truth of Karma Yoga. How long in the company of the wise (Satsanga)? Renounce unholy thoughts and unholy desires. It may give some clue and help. He can never grow in spirituality and meditation so long as he has the self-assertive
nature with the habit of self-justification. He should not have any desire for name and fame, approbation, thirst for applause, admiration and gratitude. You will have to tame the mind cautiously. Have no attachment to any place, person or thing. He talks on worldly topics.' Raja Janaka, through his Divya Drishti or eye of intuition
understood the mentality of the Sadhu. They contain the essence of the Vedas, the Upanishads and the six Darshanas. This is the field for developing various virtues such as mercy, love, generosity, patience, tolerance, purity, prudence and right judgment. Get thee gone, O miserable wretch, O foolish mongoose!" The mongoose replied: "My dear sirs
do not be annoyed with me unnecessarily. One aspirant says: "I did not get any ghee or vegetables today." Another aspirant says: "The dal soup was very watery. In other words, they do not say that the underlying entity which bears a more advanced form or exhibits a higher state or condition today is the same that formerly appeared in a coarser
garb or functioned in a lower kind of existence. Wives need not get any initiation from any Acharya. In the long run all his actions will be unselfish. He has this double feeling because in essence he is the all-pervading mass of wisdom (Vijnanaghana Atman). Throughout the world this classification of caste exists. A strong habit of repetition of the
Mantra will soon be formed. Transcend the Dvandvas Misery and happiness, pleasure and pain, gain and loss, victory and defeat, life and death, good and evil are the obverse and reverse of the same coin. The Svabhava functions. Ignorant people say that one cannot work without any motive. It is very difficult to say where Raja Yoga ends and Inana
Yoga begins. A Madrasi vegetarian Brahmin hates fish-eating Bengali Brahmin. You should do such actions as can bring him immense happiness. If the motive is impure, you will get rebirth in this Mrityuloka to reap the fruits of your actions. A Karma Yogi who does all work in the form of worship of God in the beginning, who surrenders his body,
mind, soul and all his actions as flowers or offerings at the Lord, who is ever absorbed in the Lord, who is ever absorbed in the Lord by constant thought of God, loses himself in God-consciousness by total self-surrender. He is only a worldly man. Glorify action. Do not sow the seeds which will bring unpleasant fruits and which will make you miserable and unhappy in
this life or hereafter. Sri Sankara, an Akhanda Brahmachari, worked wonders through his power of Ojas. You must be cool and collected. "That being so, he verily, who owing to untrained reason looketh on his Self, which is isolated, as the actor, he of perverted intelligence seeth not." Ch. XVIII-16. In the Gita you will find: Karmajam buddhiyukta hi
phalam tyaktva manishinah, Janmabandhavinirmuktah padam gachchantyanamayam. They are egoistic. There is some higher spiritual purpose. This is the inborn nature of worldly-minded people. He keeps up Suddha Bhava. Whether they are the past or the present efforts, it is the stronger ones that determine our destiny. The boat capsized owing to
the fierce wind. But he may be ignorant because he was a shepherd boy in his previous birth. Eat simple food. It gives material progress and psychic advancement. He must not be carried away by emotions. Peace follows a war and vice versa. b. The pulse fails at the wrist. The organ of speech brings great distraction of mind. Dharma tops the list of
the four Purusharthas, viz., Dharma, Artha, Kama and Moksha. He practises Mauna (vow of silence). Action is external. Through Purushartha Markandeya conquered death. The wise man who knows the essence of the divisions of the qualities move amidst the qualities" is not attached. They will bring fruits in
a future life. I will put these Babu-aspirants to carrying the motion-buckets of the sick for a year, washing plates for another year, and sweeping the room and washing the clothes of the sick the third year. I am quite confident. The cinema is a curse. He fed them nicely and put them to bed. He took great interest in politics and science. Keep the body
strong and healthy. The Atman is Akarta or Nishkriya. Then you will reap happiness. Do virtuous actions now. He should have patience and perseverance. That work which gives elevation, joy and peace to the mind is right; that which brings depression, pain and restlessness to the mind is wrong. It is quite insignificant. To hang a murderer or a dacoit
is Ahimsa for a king. Worldly people generally judge the state of dispassion of a Sadhu from external conditions. He is the ideal Karma Yogi. Some people say: "Give up the Dharmas of the Indriyas." How could this be? Fate is otherwise known as luck or fortune. O best of the twice-born! This is my firm conviction. Open your eyes. Then alone they will
realise sure and rapid progress. Another reward is that he gets a place in the abode of heaven also. This is all artificial decoration. The conscience of a savage speaks a language entirely different from that of a civilised European. It can do anything. In olden days boys in Gurukula were healthy and strong. Is he pre-ordained to sin? Smritis declare that
some single actions such as the murder of a Brahmin, are the causes of more than one new existence. He is the master of his own destiny. This refers to two popular theories of the time-one, that of Moses who taught that the sins of fathers would descend on children to the third and the fourth generation, and the other that of the doctrine of
reincarnation. Modern educated people do not pay any proper regard to their parents. They can undoubtedly thrill and electrify the whole world in the twinkling of an eye. He should be sympathetic and tolerant. Get wisdom of the Self and rest in everlasting peace. He now wants to lead an honest life. "Work for the sake of the work without any
motive" is all very well in words. You will get Moksha or eternal bliss, peace and immortality." This is his doctrine. Do not become angry. Janaka did not say anything in reply. He had a Kowpeen only. Some work for getting money. Those who want to take to seclusion and Nivritti Marga should observe Mauna, non-mixing and discipline of the Indriyas
mind and body while living in the world. It comes under Karma Yoga. What becomes of the soul then after what we call death? He is the prompter of Sankalpa. He struggled hard and perfect discipline. He does action. O Lord! Forgive, save me." But he never tries a bit to improve
his lot in this birth. Serve poor, sick people. The third form is that of Kriyamana, that Karma which is in the course of making. Let your mind be ever attached to the Lotus Feet of the Lord while your hands are at work. Fill your heart with fervour and enthusiasm for service. Those who eat the remnant of the sacrifice after performing them to the gods
are freed from all sins committed at the five places of slaughter of animate beings-the fire-place, the water-jar, the pestal and mortar, the grindstone, and the broom. They have not prepared the ground, I mean the Antahkarana, by protracted practice of love and service in the beginning. Sri Sankara says in his Atma Bodha: "Karmic rituals cannot
destroy ignorance, because they are not hostile to each other. Raja Gopichand Minavaty, mother of Raja Gopichand, gave four instructions to her son: 1. His Jnana was tested. In such cases the Jiva takes immediate rebirth with the old astral body or Linga Sarira. When they really advance in meditation, they can slowly give up action. Will any judge
sitting on the throne of justice be justified in accepting the death-the voluntary suicide of Mr. A? He craves for power, wealth and action operates both in the physical and mental planes. Selfish work retards
spiritual progress and fastens one more chain to your feet. Doctors have pronounced the case as absolutely hopeless. He has to act and live according to the law of God. Do Sadhana. Thought is the real action. All aspirants of different paths meet on a common platform or junction in the long run. He will be restless till he sees his name in the papers.
They always do evil actions. Extract these two teeth and the serpent-mind is tamed. The Lord of this world is at the back of all activities. He can marry after finishing his education. These paths are made in accordance with the temperament or tendency that is predominant in the individual. Even if you do a little service, even if you practise a little
Nishkamya Karma Yoga in any form, it will save you from great fear, from the fear of Samsara and of birth and death with its concomitant evils. They are mere vibrations in the air. Assert your birthright of God-consciousness. Therefore, do not bother yourself
much in reforming this crooked world. In the sixth chapter I have stated that neophytes should combine action and that those who can meditation in the solitary caves of the Himalayan jungles. He gazes and Prakriti moves and acts.
Similarly, a man's mind is said to grow or expand when his thoughts extend beyond his physical body and beyond his physical body and
when the Anna-Jala is finished. Those who work in the public field for the welfare of the country and suffering humanity can realise the truth of this statement. The Karma Yogi has no attachment to sensual objects. There should not be the least disturbance in the mind-lake. Then only will he be really benefited. Samucchaya Vaada (The Doctrine of
Karma and Jnana Combined) The cause of human suffering is Avidya or ignorance. This Karma is a kind of force which holds the soul in bondage and prevents it knowing itself fully. Destiny is created by man's thoughts, habits and character. It is the collective totality of man's actions. Smoking is an evil habit. The duty of one class of people cannot be
the duty of another class of people. Therefore if a Yogi can make a Samyama on these past experiences in the Chitta, he can remember all the details of all his past lives. Give a place for the views of all. He is aggressive. If you do service with this mental attitude for one or two years, you will become an entirely changed being, a veritable God-man on
this earth. The results of past actions, thoughts and feelings appear to us as effects of causes we set up from our own free choice. I do not know Sanskrit, Laghu nor Sidhanta Kaumudi. The Atman or Brahman is beyond the three Gunas (Trigunatita). All sins will be destroyed.' I wish to point out to you that morality and duty are relative terms. If I
speak sweet loving words to anyone, the man returns the feeling of love and speaks sweet words to me also. He tries the three kinds of Tapas (physical, verbal and mental) and controls his actions. Surrendering all actions to Me, with thy thoughts resting in the supreme Self, freed from hope and egoism, and of mental fever cured, engage in battle.
Ch. III-27, 28, 29 and 30. Prayaschitta Karmas-penances. Then the mind also cannot work properly. They have no knowledge of Brahmacharya and self-control. It gives tremendous energy, clear brain, gigantic will-power, bold understanding, retentive memory and good Vichara Sakti. To keep up meditation while performing actions is a different kind
of difficult Sadhana. The reward is invaluable. In the beginning, all your Karmas may not be of the pure Nishkamya type. People have various motives when they work. In all these cases Prarabdha operates unerringly with scientific accuracy and precision. Times have changed now. He prescribes definite, positive, accurate and effective methods to
control nature. There is no chaos. That is the reason why Lord Krishna says to Arjuna: Karmanyevaadhikaraste ma phaleshu kadachana Ma karmaphalaheturbhurma te sangostvakarmani. The probationer must remember that much of his work consists in practising the precepts laid down by all earnest religionists. It may be asked, if all non-human
states of being are only the results of the previous human Karma, in the beginning stage of the universe, there must have been only men and nothing else; is there any authority to show that there was a time when there were men alone and that the non-human states of being appeared only later on? If Viveka and Vichara (discrimination and enquiry of
the nature of the Atman) dawn in the aspirant, Raga Dvesha will take to their heels. Be fiery in the spirit of service. "The sages, united to the pure reason, renounce the fruit which action yieldeth, and, liberated from the bonds of birth, they go to the blissful seat." Gita: Chapter II-51. The Bhakti-Karma-Yogi thinks and feels that he is serving his Lord in
all, his own Ishtam and realises God-consciousness and has Darshan of his Beloved. What is the necessity for this order at all? Knowing what hast been declared by the ordinances of the scriptures, thou oughtest to work in this world.' Ch. XVI-23, 24. Then the Flute-Bearer of Brindavan will play freely through this body-flute. Karma may have been
acquired in many previous births. He sits quietly and entertains sublime, soul-elevating thoughts. Be meek when you serve. They were deeply impressed by the practical and exemplary life led by the sage and his wife. You must develop to a remarkable degree the spirit of discrimination, discernment, alacrity, alertness, the faculty of 'Daksha'
(expertness) which will help you to decide a right line of action when you are in a dilemma. There is no world apart from these two Vrittis. One event may be both a cause and effect at the same time. They exclaimed with great joy: "We have never seen in our life time such a splendid sacrifice. You can have Self-realisation if you take up this work in
right earnest. Similarly you should fix the mind on God when you do Japa, like the cow, and give your hands to work, which is only worship of the Lord. Just as the man who has seen the two sides of the shield can easily settle the dispute of two persons who have seen one side of the shield only, so also a Vedantin alone, who has full knowledge of the
whole truth can settle the dispute of those people who are trying to find out whether and how far man is a free agent of his actions. Every mistake is your best teacher. Nature is all-in-all. Then alone are you really beautiful. Repeat the Name of the Lord while at work also. Poverty is better teacher than wealth. He does various good actions in several
him. Fickle, cheating, vulgar, stubborn, malicious, indolent, despondent and procrastinating, such an actor is said to be dark (Tamasic)." Gita: Ch. XVIII-26 to 28. Kurvanneveha karmani jijeevishechchatam samah Evam tvayi nanyathetosti na karma lipyate nare. Very few die as good men. His main meal every day for months was a three-penny
beefsteak pudding. She did not say to her husband: "How can cool rice be hot? They are filled with pride. A boy of five becomes an expert on the piano or violin. We must entertain them anyhow. He purifies the whole world. There cannot be Jnana without Yoga. Dear Shyama! You are Naishthika Brahmachari, one who has taken the vow of celibacy in
thought, word and deed throughout the life. Love. Sri T. Fatalism is the doctrine that all events are subject to fate and happen by unavoidable necessity. May you all shine as this poor Brahmin! 9. The jasmine emanates sweet fragrance to all. This clearly shows that in her previous birth she was born in India. Every work is worship of God. They have
not done any drastic Sadhana to remove their defects. The recent Great War has brought out a strong reaction. Pitru Yajna-Tarpan or offering libation of water to the manes or forefathers. There is nothing in the three worlds that cannot be achieved by him. Sudras should serve the other three castes. That which is done in strict accordance with the
Dharma comes from the root 'Dhri' which means 'to support' or 'to hold on'. Beware of recurrences. Patient, indefatigable effort is needed. Performance of one's own duties brings happiness, quick evolution and freedom. The man who serves the world really serves himself. 22. It is serenity and balance of mind that can give real, eternal happiness to
man. Sanchita are works which have been accumulated in several previous births; Prarabdha are those which have given the present life and have already started to bear fruit; and Agami are the works which are being done in this present life. Even if there are traces of these Doshas, he should try to remove them. Work elevates, when done in the
brings its own reward; vice brings its own punishment. They should avoid seeing the pairing of animals."-Bhagavata. So she changed her dress. Prayer, Japa, meditation, study of philosophical books, pure food, Vichara and Satsanga will purify your mind and eradicate ignoble and wicked thoughts. This is the Sadhana. The relinquisher, pervaded by
purity, intelligence and with doubts cut away, hateth not unpleasurable action nor is attached to pleasurable. Think you are noble, noble you will become. He married Vasuki and led the life of a householder to show people the way of leading a divine life, a life of purity and sanctity, while living in the world. He is always very miserable and unhappy
although he is wealthy and possesses everything that the world can offer. They need not practise any Vrata or penance. He must nurse people with Atma Bhava. There is no peace in the country. Let him give up lust, anger, greed, dancing, singing and playing on musical instruments, dice play, gossip, slander and untruth." "Let the student always
sleep alone and let him not waste his seed; he who from lust destroyeth his vow. He himself does not know what he is exactly doing. Now start the anti current. I will utilise the Indriyas, mind, Prana and body as my instruments for the well-being of the world, for Lokasangraha. He should not act selfishly. That is the reason why
memory of previous birth comes in. It is shocking to hear some of the stories of boys. May the blessings of Lord Krishna be upon them! Glory to the teachers, professors and students! 14. There is no time even to breathe. To speak a truth which brings harm to many is untruth only. Through Brahmacharya alone can you get physical, mental and
constitution and different organs. He is absorbed in Karma. Enemies do crop up, though I do not interfere with anybody. Service of humanity and the country is, in fact, nothing short of service of humanity and the country is, in fact, nothing short of service of humanity and the country is, in fact, nothing short of service of humanity and the country is, in fact, nothing short of service of humanity and the same (the act of saving the life), but the motive
was different in the two persons. There is no such thing as 'horrible crime' or 'heinous sin' in the light of knowledge or higher philosophy. In your weakness lies the secret of your strength. He must give them good education in Sanskrit, English and in technical subjects. Have sex-sublimation. Strong iron chains are fastened to his hands, knees and
legs. Then only will there be perfect justice and compensation. Once lost it is lost for ever. Karma Yoga purifies the mind (Chitta Suddhi) and prepares the aspirant for Jnana Yoga. What you see outside-mouth, hands, feet, organ of reproduction and anus are mere Bahya-Karanas or external instruments. O Lord! Kindly accept ghee, kheer, the fivefold
food; plantain mixed with milk and curd, sherbert, various kinds of vegetables, palatable water, a brilliant piece of camphor and betel-all these food-offerings placed in a golden vessel which is bedecked with nine kinds of precious jewels which are conceived in my mind out of devotion to Thee. The good law pays every person according to his need
and in due time. Think strongly of the advantages of sobriety and temperance. It is the be-all and end-all of our existence. Then again Lord Krishna says: Sarvadharman parityajya mamekam saranam vraja, Aham tva sarvapapebhyo mokshayishyami ma suchaha. These Bhaktas will never approach a sick man even when he is in a dying condition and
give him a drop of water or milk, and ask: "What do you want, brother? I shall shampoo your legs and fan you. Then only he can find progress in his life. Everyone reaps the fruits of his own actions. Tirukural is regarded as a universal Bible. People have an irregular, unrighteous, immoderate, irreligious, undisciplined life. You will get purity of mind if
you work in the spirit of Nishkamya Karma Yoga. Put him in the company of a saint. Without God not an atom can move, no leaf can wave in the air." In the Mahabharata you will find that exertion and Prarabdha combined bring about fruits. How simple was Mahatma Gandhi in his dress! He had a loin cloth only. He is caught up in the wheel of birth
and death. He must purify the emotions. In Nature nothing is lost. He has free will. He will understand the glory of Nishkamya Karma Yoga. It brings a brilliant future for that man who lives according to this universal law. Eventually you will have an impure mind and will perish in the end. You will find in the Gita: "These five causes, O mighty-armed,
learn of Me as declared in the Sankhya system, for the accomplishment of all actions. If anyone rises above the sway of likes and dislikes, love and hatred, affection and aversion, he is no longer subject to his nature. What is the earthly use of wealth and possession, if a man cannot eat well on account of disease of his stomach, if he cannot walk on
account of rheumatism or paralysis, if he cannot see the beautiful scenery, of nature on account of impotency. He has disciplined himself in the beginning. It is a master-key to open the realms of health and happiness. Do Purushartha now. I have fed fifteen Brahmins with Dakshina of
four annas each." This is his idea of duty. The wife of the son said: 'O venerable father-in-law, you have all performed the greatest self-sacrifice. He must be free from Raga-Dvesha (likes and dislikes) also. Smokers bring a little bit of philosophy and medical opinion in support of their principles. Some do charity with the motive that they will be born as
rich landlords in the next birth. The shrill, inner voice can guide you. Have a poised mind amidst the changes of the world. Consequently caste has become a social bitterness, instead of being a framework maintaining all in happy order. Why is Queen Victoria born to rule over the territories on which the sun never sets and why is a labourer in Burma
to work as a slave, in an Englishman's tea-garden. By so doing, you will undoubtedly develop your will-power. But his mind was on the gallows. (3) Afterwards he ordinarily takes birth here again as man. If the Karma, however, is done without attachment to its fruits and the thinker has been going along the path of Jnana (knowledge) or along the
organs of action, feet, hand, etc., or through the mind. "However men approach Me, even so do I welcome them, for the path men take from every side, is Mine, O Partha." Chapter IV-11. They should serve the purpose of spiritual teachings. This is not Yoga at all, because there is attachment to the work owing to the quality of Rajas. The root cause of
human suffering is Avidya or ignorance. Is the vegetable capable of doing any responsible act or Karma for which it is rewarded? You will not get an iota of benefit from smoking. Mere philanthropical work out of sympathy without devotion and knowledge is nothing more than social scavenging. Nectar's sons! Children of immortality! Shake off all
weaknesses. He remained in a cave for a period of twelve years. Start the work even with a little capital of some love, mercy and sympathy. Duty of Teachers A great and onerous duty rests upon the teachers and professors of schools in training the students in the path of Sadachara (right conduct) and in moulding their character properly. There are
many types of minds. Some build temples with the idea that their sins will be washed off. A few grains of rice were found on the ground. Karma purifies the heart. You will find in Nyaya philosophy the terms Jnana, Iccha and Prayatna. Control it by the practice of mercy, love, sympathy, Vichara and tolerance. They welcome pain always. Therefore,
without attachment, constantly perform action which is duty, for by performing action without attachment, man verily reacheth the Supreme.' Ch. III- 19, 20, 21. Thought is also Karma. A ruffled mind disturbs the three humours of the body and brings diseases in its turn. He then thought within himself: 'How can we call Raja Janaka a Jnani? He had a
great deal of ego or Abhimana. This will surely induce Vairagya in you and a strong disgust and hatred for meat-eating. The tires are very costly. "As our collective Karma brought on us the wrath of divine justice and fit retribution closely followed in the wake of our evil deeds, and we deservedly suffered and paid for them heavily, so we can again
exert our collective will in the right direction and learn to be wise and circumspect in the light of our past bitter experience and humiliation. The law and God are one. It produces an impression in your mind and when you die you carry the Samskara in the Karmashaya or receptacle of works in your subconscious mind. I did not know whether the
vegetables or soup contained salt or sugar." Raja Janaka said: "O Sadhu, just as your mind is always on the gallows, so also my mind is always fixed on Brahman through my intense practice of Nididhyasan, although I engage myself in various sorts of worldly activities. Whatever you suffer from may appear to be unjust. How much did you give in
charity? Assert this birthright. This is real Karma Yoga. Renounce the sensual pleasures and enjoy the Atmic bliss. Man creates his own character and destiny. What do we see in these days? From this we can very easily infer that there have been previous births for us. It is the eye-opener. 13. He is swayed by impulses, wrath, passion, attachment
pride and repulsion. A tennis ball strikes the ground and rises up with equal force. You will have to polish your character. Just as the man who has seen one side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with another man who has seen the other side of the shield only fights with a shield only fights with a shield only fights with a shield only fight another man who has seen the shield only fights with a shield only fight another man who has seen the shield only fights with a shield only fight another man who has seen the shield only fights.
controversies and debates. But this will lead to Self-realisation. Both the courses-one which leads to Karma and the other which draws away from Karma-have been explained, etc." Nishtha means perfect devotion and sticking to one's ideal. You will be groping in darkness and despair. Try to remove all your defects. This is not the case in the practice
of Karma Yoga. He uses measured words. Sri Sankara writes: "He who sees inaction in action, i.e., he who has the right knowledge that action, which is commonly supposed by all to pertain to the Self, does not really belong to the Self, just as motion does not really belong to the Self, just as motion does not really belong to the Self, just as motion does not really belong to the Self, just as motion does not really belong to the shore of the river) which appear (to a man on board the
ship) to move in the opposite direction, and who sees action in inaction, i.e., he who knows that even inaction is but a cessation of bodily and mental activities, and like action it is falsely attributed to the Self and causes the feeling of egoism as expressed in the words "quiet and doing nothing, I sit happy"-he who can realise the
nature of action and inaction as now explained is wise among men: "He is a devout Yogin, he is released from evil and has achieved all." Lord Krishna says: "Having abandoned attachment to the fruit of actions, he is released from evil and has achieved all." Lord Krishna says: "Having abandoned attachment to the fruit of action, always content, nowhere seeking refuge, he is not doing anything, although doing actions. Man evolves quickly
by performing rigidly his duties allotted to his station in life. Sin cannot touch you. Otherwise they always think of getting something from him. Lord Jesus and Mahavira shouted at the top of their voice: "Regard every living being as thyself and harm no one". An aspirant should
treat respect and honour as offal and poison, and censure and insult as ornaments and as nectar. Prarabdha is exhausted by no other means than by enjoying its fruit. He is perfectly conscious that God really operates in this body-machine and moves this machine. If a man cherishes evil desires, he develops evil thoughts and does evil actions. It is a
mere dot or drop in infinity. What can coercion and inhibition do? If I am destined by my Karma to be like this or like that, why then should I exert? But when one comes to the practical field, when one endeavours to put it into actual practice, he will have to encounter countless difficulties at every step. At the present time the names of one or two
political leaders are remembered. A Kashmir Pundit cannot take morning bath in winter in his place. Poor husband, a slave of passion, a miserable soul, borrows something here and there, takes bribes in various ways and pleases his wife anyhow with an outward smile and an inward burning resentment. He now went into the city for procuring his
usual alms. He should be able to adjust himself to the habits and ways of others. Through mistakes he gains experiences and marches forward in his path of spirituality. Children beget children. Bachelor electrons exist singly. Oldfield, senior physician, Lady Margaret Hospital, writes: "Today, there is the chemical fact in the hands of all, which none
The whole mysteries of Kaivalya, the whole knowledge of the Atman are revealed like the Amalaka fruit in the hand. Then alone will there be perfect balance between the cause and the effect, between the antecedent and consequence. He never deviated from his ideal. Highest love (Para Bhakti) and Jnana are one. Practice of Karma Yoga eventually
culminates in the realisation of Vedantic unity of Self. He plans, schemes, speculates. Evince intense zeal and enthusiasm for work. Even if he fails twenty times he should stick to his work with determination and leech-like tenacity, adamantine will and asinine patience. That Yogi who has achieved perfect sublimation has perfect control over lust. It
power of endurance and the spirit of struggle and perseverance, whereas luxury begets laziness, pride, weakness, inertia and all sorts of evil habits. Lord Krishna gives valuable direction to Arjuna in the performance of action. The soldiers of the West are the Kshatriyas of Rajputana. How many times you failed in Brahmacharya? There is no evil
greater than gambling. The jolly ant asked his friend: "How do you fare now, my amiable comrade. It helps to conserve physical and mental energy. There are no marked demarcation lines among the four paths. Then only one can apply his full heart, mind and intellect to the work on hand. Why do you try to drive me off now? Even so, the passionate
man runs towards a false beautiful form thinking that he can get real happiness, and gets himself burnt up in the fire of lust. Then and then alone are you really a big man. Householders are deceived. He is the womb of this world and the Vedas. Meditate. The Indriyas do their respective Dharmas. This impression is called Samskara or tendency. He
must have a spotless character. "Restraining and subduing the senses, regarding everything equally, in the welfare of all rejoicing, these also come to Me. If also thou art not equal to constant practice, be intent in My service; performing all action for My sake, thou shalt attain perfection. Thou hast given me a peculiar mind with peculiar habits. 24
23. A crane was perched upon one of the branches of the tree. They command respect and yet they are disliked by the public because they still have great defects. Aspirants should watch and test the mind always. Of these, the road through Sannyasa is preferable." The Taittiriya Upanishad also says: "Renunciation (Nyasa) certainly is to be
preferred." In the Gita also Sri Krishna mentions of Karma Nishtha and Jnana Nishtha and Jnana Nishtha nishtha pura prokta mayaanagha Jnanayogena sankhyaanaam karmayogena yoginaam. In the mind there are three Doshas, viz., Mala (impurities like lust, wrath, greed, etc.), Vikshepa (tossing of the mind), and Avarana (veil of ignorance).
Believe me, He dwells in the chambers of your own heart. Anger is nothing but a modification of passion or lust, like curd from milk. The tendencies develop into character. Chapter Five Karma And Reincarnation 1. The Karma Indriyas are born of the Rajasic portion of the Tanmatras. A terrible fit of anger shatters the physical nervous system and
produces a deep and lasting impression on the inner astral body. This is the dire need of the present hour. Let nobody know your name. Adjust yourself to their views. Jnana is purely a mental state. A man may reap the fruit of compensation for his action either in this life or in the next. Just as a capable rider controls the horses and reaches the
destination safely, so also a man of self-restraint controls the emotion of anger, enjoys peace and reaches the goal of life. This explains the nature of the force which prevents the soul from realising its own blissful nature. Each path blends into the other. I will earn lots of money and do charity. Paraiccha Prarabdha is common to both. But after the
consummation of happiness he is sure to be hurled back to this physical plane. Even so, though the effect of a fit of anger in the mind subsides in a short time, the vibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration or wave continues to exist for days and weeks together in the mind subsides in a short time, the wibration of the wibration o
is burnt, nothing of mine will be lost." Look at the exalted mental state of Janaka! He was resting in his own Svaroopa or essential nature. The five little ones said: "Still the food is not sufficient for our four guests. The Brahmachari who has controlled the physical body and physical Indriyas but who constantly dwells on thoughts of sex is, as I have
already pointed out, a confirmed hypocrite. They are unwilling to leave it also, if conditions want it to be stopped. The Sadhu totally declined. Train and discipline your mind cautiously. When the thoughts and theorem are unwilling to leave it also, if conditions want it to be stopped. The sadhu totally declined. Train and discipline your mind cautiously.
homes. Om. Om. Om. Om. Siva Manasa Pooja Sri Sankaracharya Mental Worship Of Siva 1. He practises Saucha and Arjava (straightforwardness). Though he does not work or serve society physically, he does help the world mentally and spiritually. Every one is a Vaishya only with greed for the accumulation of wealth by hook or by crook, by begging
borrowing or stealing. This body remains till one gets knowledge of the Self and consequent emancipation. A Karma Yogi should have a sound, healthy and strong physical body. It is the duty of the parents and teachers to explain to boys the importance of Brahmacharya and to instruct them the various methods by which they can preserve the Veerya
an expanded, selfless life. The sense of separateness is a colossal fetter. I have a pure heart. Read the history of crimes, robbery, rape, kidnapping, assaults and murders that come up for trial before the Session Courts. His mind is pure. If you remove the hunger of man by giving food, it is only temporary physical help. If you fail in this attempt,
change your environment and live in a vegetarian hotel where you cannot get flesh and move in that society where there is only vegetarian diet. You will find in the Mahabharata: "Knowledge springs in men on the destruction of sinful Karma when the self is seen in the Self, as in a clear mirror." Santi Parva: 204-8. Every action is a mixture of good
his ideal. A bird lived in the tree with its wife and children. But as fire blazes forth the more when it feeds on objects of enjoyment. There is no harm. The seventh chapter is allotted to 'Karma Yoga in the Gita'. They have half or wavering faith. Simplicity will cause piety. To serve ungrudgingly all
these castes is the duty of a Sudra born of his own nature. He sobbed heavily. Suppose there is a poor intelligent boy in India. The real Yoga. Hence I have introduced this article here. There are honest differences of opinion. A rogue is not an
eternal rogue. You are the master or lord of Nature. You will have to struggle hard for a long time with patience and perseverance to get this. Gradually he will understand the glory and splendour of unselfish work. I do not desire anything for the mind, it is therefore under my perfect control. He does help the world more now with his supra-mental to get this.
vibrations and divine experiences. One should increase his Sattva Guna by development of virtuous qualities, by taking Sattvic food, doing charity, practising austerities, doing Japa and meditation, controlling the Indriyas, and studying religious books. He whose mind is deluded by egoism thinks: 'I am the doer'. But people may ask that if this doctrine
is true, how is it that we do not remember our past incarnations. Social workers pity the lot of young widows and try to do widow-marriages. Sannyasins should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now for the maintenance of Sannyasin should keep money now fo
actions and that all his present life with its activities, joys, sorrows, pain and loss, are predetermined by his past doings over which he has no control, and therefore he should be utterly resigned and waste no time in improving his or his neighbour's lot. Instructions to Aspirants Pride, self-sufficiency, arrogance,
irritability, self-assertive Rajasic nature, curiosity about the affairs of other people and hypocrisy are all obstacles to the practice of meditation. That is the reason why Lord Krishna says to Arjuna: Nehaabhikramanaasosti pratyavaayo na vidvate Svalpamapyasya dharmasya trayate mahato bhayat. You will surely attempt this in some future birth. Raja
Yoga is also a form of Bhakti Yoga. The teachers ask the student: "Study well, have a good character. If the mind co-operates with the Indriyas, then only is mischief wrought. It brings forth fruits and seeds in due seasons. I do not know any Yogic practice. Various hostile forces drag him in different corners. I have no desire for tasty things, beautiful
forms, soft cushions or beds, or music: therefore I have conquered water, fire, air and ether. A man of patience, perseverance and iron will alone can tread this path. This riot produces an effect on the minds of the people of other parts of the world also. Just as rivers join the sea, so also Karma, love and Yoga join the ocean of Jnana. The entire life
passes away like this. Poverty has its own virtues. Mind and Prana are intimate companions, like man and his shadow. He then said: "I have inherited the state of my father. Turn the pages of the Upanishads. Fatalism annihilates faith. A single sensational article has wrought such disastrous results. At first the Jiva or the individual soul has knowledges faith.
of the objects. He gives a donation of several thousands of pounds to a Hindu university out of his reserve fund of a man of another stage. Why do you serve society and the country? There is no transgression also. It is these bachelo
electrons only that create magnetic electric force. He always calculates. He becomes very emotional and impulsive. That is the reason why wise sages declare that people should resort to Sastras, learned Pandits and realised persons for consultation. There is thought behind every action. Never violate it. He gradually developed attachment. Glory to
such exalted ladies who practise Pativrata Dharma! 2. It is very exhilarating to the lungs, brain and the heart. This external suggestion strikes against the source and causes ignition. The Western psychologists also corroborate this fact. They had long life. Bhakti Yoga is suitable for the vast majority of devotees. You will be regarded as a self-deluded
man or hypocrite, i.e., a man of sinful conduct (Mithyachara). I can devote more time when I retire. Hunger is the best sauce. He is the Sutradhara or the holder of the string of your Prana. Therefore let the scriptures be thy authority in determining what ought to be done, or what ought not to be done. His mind is filled with prejudice of caste, creed
and colour. God neither punishes the wicked nor rewards the virtuous. It is pure Mother-worship, Jada Bharata was attached to the deer, and the thought of the deer only came to his mind at the time of his death and he had to take the birth of a deer. He has to destroy his old mind of selfishness and build a new mind of selflessness. You will have two
minds, A man may rule a vast dominion and vet he can be unattached. Through Raga a man loves an object, Vak (organ of speech), Pani (hands), Pada (feet), Upashtam (organ of speech), Pani (hands), Pada (feet), P
doing right or wrong action. Unfortunately for us, the present system of education in India thickens the ego. The sense of separateness has been totally annihilated. Prarabdha places you in such suitable environments as are favourable for the gratification of your desires. Those who serve and adore a Jnani acquire his
merit of current actions, while those who hate and censure him get the demerit of his current actions. Then there will be perfect compensation. How long you concentrated on your Ishta Devata (Saguna or Nirguna Dhyana)? Generally there is a mixture of devotional and intellectual temperaments in all men. Speedily he becometh dutiful and goeth to
eternal peace. An aged mother loses her only son who was her sole prop. What is the right significance of the words 'Sarva Dharman-all duties'? He will try his level best to support his own whimsical views by crooked arguments and reasonings. You are not thinking of God. They play at cards, move the man in Chaturanga play (chess), dictate some
passages to a third man, talk to a fourth in order and continuation, and so on. It will bring you joy and happiness. You must be very vigilant in scrutinising your motives during actions coalesce together and form tendencies. Suppose there is a thief and he
does pilfering. Each character or personality is the total result or collective totality of previous mental action. In Bhakti Yoga the devotee does absolute self-surrender to the Lord. This piece of service has helped me to purify my mind. Non-attachment brings freedom from sorrow and fear. Work unselfishly. Open your eyes, O Prem! Learn to
discriminate. The Lord accepteth neither the evil-doing nor yet the well-doing of any. Then only will be have perfect success in the end. It is needful to discriminate unlawful action, to discriminate unlawful action, to discriminate unlawful action, to discriminate unlawful action is mysterious. He wants to fan the rice when it is cold. It braces up a sunken man. Where the mind is absorbed, there the Prana
is restrained; and where the Prana is fixed, there the mind is also absorbed. You will have to reap what you have sown in your previous birth. There is no uncertainty here. I am Nitya Upavasi. It will work itself till it gets perfect success and defeats the old, morbid habit. "Satyam vada, Dharmam chara-speak the truth, do virtuous actions." These are
lawful actions. It gives encouragement to the hopeless and the forlorn. Then the line is quite clear. He will suffer in the next birth. Have you realised now the disastrous consequences of anger? Fashionable dress, undesirable food, bad company, frequent attendance at theatres and cinemas, have rendered them weak and passionate. This is not duty. If
passion is not gratified, and if anyone stands in the way of its fulfilment, the passionate man is sure to become indignant and furious. The process of sex-sublimation is very difficult and yet it is most necessary for the aspirant in the path of spirituality. This is the cause of bondage. In some places conduct is spoken of not as Purushartha but as
Karmanga. Just as you can reach Calcutta by train, car, steamer or aeroplane, so also you can reach the goal of life or your spiritual destination by any one of these four paths. A timid man is absolutely unfit for Karma Yoga. Practise and feel the cosmic expansion and infinite Ananda (bliss). The Sannyasin was astonished. My mouth is always saltish as
I am living in a mountain of salt." The jolly ant said: "Come along now to my abode. Many lives have been lost. Nobody is to be blamed. He is actuated by the hope of reward. He says: "I am an instrument in the hands of my Beloved. If an aspirant does regular prayer, Japa and meditation only, if he does not develop the heart and if he does not practise
physical exercise, he will have mental Brahmacharya only. One can realise through selfless Karma Yoga also. Think you are a man, man you will become. Sri Vasishthaji says to Sri Rama: "Even though one may find refuge in a Guru, it is only through his own effort and will that he can destroy all pains arising from the association with diverse objects
and kinsmen." (Story of Bali-Yoga Vasishtha). Understanding the laws of Nature, you can mould or shape your character in any way you like. God dispenses the fruits of actions according to the motive. This world is a very big and marvellous museum. The three things, viz., the desire, the thought and the action always go together. It makes him a
proper Adhikari (aspirant) for the study of Vedanta. It is like the tail of a dog. He has to develop his heart, intellect and hand. This physical universe is a relative plane. Man learns very useful lessons daily through pain, suffering, poverty, privation and sickness. Higher than all the teachings, is Achara. He gains many experiences. 16. He can embrace
young women, and yet he will be absolutely free from any impurity. The Sastras and realised persons (Apta-vakyam) only can truly guide a man in the discharge of his duties in an efficient manner. Karma is a Sanskrit term that comes from the root 'Kri', meaning to act, and signifies action or deed. The will of a man is ever free. His life is trembling in
the balance and yet the Pandit sees so much difference and entertains the idea of Brahmin-superiority! Do you think that the Brahmin Pandit will feel his oneness with all even after millions of births? They hung down their heads in shame. The five daily sacrifices are: 1. You can devote more time to divine contemplation and spiritual pursuits.
Philosophy of Right and Wrong 
God. The Jolly Ant Once an ant that was living in a mountain of sugar met another ant living in a mountain of salt and asked: "Hallo, my dear friend! How do you do?" It replied: "I am not as jolly as you are. We have boy-geniuses. Nature and her laws are one. They who take refuge in Me, O Partha, though of the womb of sin, women, Vaishyas, even
Sudras, they also tread the highest path. Reincarnation is the doctrine that the soul enters this life not as fresh creation, but after a long course of previous existences, and will have to pass through many more before it reaches its final destination. Therefore I declare to thee the action by knowing which thou shalt be liberated from evil. He is perfectly
safe. "The Karma Yoqi realises for himself the Atma Inana in the course of time." Gita: Chapter IV-38. A Inani only can understand another Inani. I discharge my duties satisfactorily. He is the inner ruler of this body and mind (Antaryamin). Thou art Nitya, Suddha, Buddha, Mukta Atman (eternal, pure, perfect, all-wise, free Self). He has unbounded
peace, strength and joy. Scrutinise your motives, purify them and try hard. Yogis, having abandoned all attachment, perform action by the body, by the mind, by the reason and even by the senses, only for the purification of the self." "The harmonised man, having abandoned the fruits of action, attained to the eternal peace; the non harmonised,
impelled by desire, attached to fruit, is bound. 2. If there is extreme heat in Bezwada, there is extreme cold in Mt. Kailas or Uttarakasi in the Himalayas. This alone will annihilate all other worldly desires. When a man is furious, nothing
in the world can stop his anger. Story of a Bird Four travellers had to take their rest one night under a big tree. You can also become an Akhanda Brahmachari if you attempt it in right earnest. Non-performance of these rites brings sin. But if you know the secret of work, the technique of Karma, you will be absolutely free from the bondage of Karma.
As no real service can be done without Brahmacharya, I have added a small article on this subject towards the end of the chapter. In the Dedhichi Kand of Misrik, In the sacred Triveni of Prayag Raj too, only God I saw. He says: "Seeing, hearing, touching, speaking, giving, grasping, opening and closing the eyes, are functions of the Indriyas. Feel this.
The observance of obligatory Karma has not got the power of rendering inoperative good and bad deeds, which have not begun to bear fruit. Study religious books. If you ask a Baron of England to remove his boots and hat when he is about to enter a Hindu temple, he feels he has lost all personality. Think you are Brahman, Brahman you will become
There is a hidden power in selfless service. Universal Prayer O Lord! I do want to serve the world disinterestedly and practise Nishkama Karma Yoga to get Chitta Suddhi. A man who has no life of introspection, whose mind is of outgoing tendencies (Bahirmukha Vritti) cannot find out his own mistakes. There will be mental inactivity. This is enjoyment
with the most beautiful woman. Even a little of this knowledge, even a little practice can protect you from great fear of birth and death with its concomitant evils. Offer all actions, their fruit, body, mind, the Indriyas and the soul as flowers at the Lotus-feet of the Lord. Never speak a word that can jar or offend others. You are the only person to turn
this wheel, the name of which is Brahman, the spoke of which is reason, which is reason, which is kept to its course by the quality of goodness as its circumference." (Anugita: Ch. 17). You will have to stop it also, if conditions and circumstances demand you to do so. If anyone sits quiet by merely controlling the organs of action through the
practice of Hatha Yoga, and if his mind constantly dwells on the objects of the senses, he is no doubt a perfect hypocrite. A student of Karma Yoga should have an elementary knowledge of Raja Yoga, psychology, Ayurveda, physiology, family medicine, hygiene, Sankhya and Vedanta. The mind of the Ayah is always on her own child though she fondles
and caresses the child of the zamindar for the time being. He takes tea, eats food, sits at the table to write, sleeps and procreates. Purify your heart. However whimsical the fate may appear to operate, it works in harmony with the law of causation. Nothing can shake him. Ignorant people jump at once to Jnana Yoga, without first having a preliminary
training in Karma Yoga. Man first entertains a desire to have a blanket. In the next verse Lord Krishna asks Arjuna to do Purushartha, to go above Raga Dvesha, the two currents of attraction and repulsion. Utilise every moment in spiritual Sadhana. I do not want any fruits. If he becomes a victim of these two currents, his mind becomes impure. No
temptations will allure you. Just as the motion of the clouds is falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the body and the Indriyas are falsely attributed to the sun, so also the movements of the sun, so also the movements of the Indriyas are falsely attributed to the sun, so also the movements of the Indriyas are falsely attributed to the sun, so also the movements of the Indriyas are falsely attributed to the sun, so also the movements of the Indriyas are falsely attributed to the sun, so also the movements of the Indriyas are falsely attributed to the Indriyas ar
'Dear father, I must do my duty to you, otherwise people will criticise me. examination. Lord Krishna says in the Gita: "Better one's own duty, though destitute of merits, than the well-executed duty of another. A Jinda Narayana (living Narayana) in the form of a sick patient is in a dying state. He sows a character and reaps a destiny. If you want to
serve another man truly, you should try to please him in all respects. He who hath renounced action by Yoga, who hath ren
of reaction. Man always thirsts for possession of objects, wife and cattle. Untrained, inexperienced aspirants always make mistakes and are deluded. Are you prepared to sacrifice this body and life in the cause of truth? Punya and Papa are mental creations only. He may do a little charity and feed some poor people just for the sake of name and fame.
God's Name is a potent antidote for all evil habits. "There is nothing in the three worlds, O Partha, that should be done by Me, nor anything unattained that might be attained; yet I mingle in action. He has a free will of his own. You will have to judge from a broad view of the eternal soul-life. Karma Yoga is not meant for the knower of the Self. The old
habits will creep in. The husband puts on fashionable dress to attract his wife. You will understand the beautiful working of the law of compensation. In either case, it is man's own effort that determines his destiny by virtue of its strength (II-6-8). If saints, honest people and sober men only exist in this world, it will look like a prison-house. There is
double retribution or reward for man's virtuous actions. The husband should not regard his wife as a machine for procreation only. See God in every face, in everything. This is his own self-created trouble through attachment. Therefore never look at a woman, never talk to a woman, or everything. This is his own self-created trouble through attachment.
who is a celibate all throughout his life, and the Upakurvana, who will become a Grihastha or householder after the completion of his religious study. Asserting for rights comes out of Rajasic egoism. He has duties of the Varnashrama. Selfless works will prepare the ground of Antahkarana for the reception of the seed of Jnana. On the contrary, the
sight of a good picture of Lord Krishna or Lord Rama or L
desires, thoughts and actions. Why do ladies and men put on fashionable dress? As the maintenance of the spiritual diary is nowhere more needed than when practising Karma Yoga, I have added a brief note on how such a diary should be maintained, together with the table which has also been appended therewith. This demands still more patient
efforts and strength. The old habit asserts itself and says: "O friend! You gave me a seat in your body and mind for twenty long years. But, if we can have a clear idea of the fundamental duties of each, we shall still be able to shape the life to a regulated course of development and steady growth. Fuel burns and is destroyed. Reason is more powerful
than the mind. One should never forget the idea that work is worship of God. This will fetch an interest of Rs. 5 monthly. He carries the master-key to unlock the realms of spiritual bliss. If the virtuous man who has not done any evil act in this birth suffers, this is due to some wrong act that he may have committed in his previous birth. Did the milk
contain sufficient sugar? In the Gita also Lord Krishna speaks to Arjuna: 'Janaka and others indeed attained perfection by action; then, having an eye to the welfare of the world also, thou shouldst perform action. Even if you possess a few of the above qualifications, the other qualifications will come to you by themselves, when you earnestly work in
the field of Karma Yoga. If not, in what way did it merit the promotion? Ego is the chief thing. He always feels he is very miserable. No one but the individual himself can be blamed for his wrong doing. Some of the aspirants who are developed will take up his work and disseminate divine knowledge. He should have all the organs under perfect
control. The operating cause is Karma. Then I will leave your state and settle down in the dominion of another Rajan". You will be washed of all the responsibilities. The company of a saint hastens remarkably the growth of Sattvic virtues in the aspirant and gives him strength to awaken the dominion of another Rajan".
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qualities and various defects. Health and Yoga What is health? "'Perform thou right action, for action is superior to inaction and in inaction even the maintenance of thy body would be impossible.' So says the Blessed Lord Sri Krishna. It is only the theory of Karma that can explain things beautifully and satisfactorily. It is indeed a jugglery of Maya.
Thy light has come now. To kill a man who is taking away the lives of many is Ahimsa. But I cannot do the work for you. What is destiny after all? He will work through your instruments. He came back to consciousness after ten minutes when Janaka offered him some fruits and a cup of milk with salt. And he who serveth Me exclusively by the Yoga of
Devotion, he, crossing beyond qualities, is fit to become the Eternal." Ch. XIV-22, 26. He had to study at night under municipal lanterns. Persons other than householders should forbear to look at, touch, converse and cut jokes with women. Love all. Narada says in his Bhakti Sutras: "These (sexual) propensities, though they at first are like ripples,
acquire the proportions of a sea, on account of bad company."-Sutra 45. The student of Vedanta or Jnana Yoga develops Sakshi Bhava through discrimination and self-analysis. Tat Tvam Asi-Thou art That. Better death in the discharge of one's duty; the duty of another is full of danger.' There is another important point. The college students of the
present-day do not possess any virtues at all. If you identity yourself with Brahman and stand as a witness of the activities of Prakriti and its effects, mind, Indrivas and body, you will have to melt the Sattvic egoism also. I am the
immortal Self in all. Then only will meditation be possible. The conscience of a man changes according to his experiences and education. In Raja Yoga philosophy of Patanjali Maharishi, you will find: Samskarat Sakshat Karanat Purvajati Jnaanam. Thus the Jnani gets disentangled from the fetters of all Karmas (Tattva Bodha). Persons who by right
faith, right knowledge, right conduct, destroy all Karmas and thus develop fully the nature of their soul, reach the highest perfection, become divine and are called Jainas. But why not now? The individuals are simply the media of this activity. Have you ever seen ladies fighting in the streets? "There is no loss of effort here, there is no harm. Just as you
can change your way of writing from a slant style to a vertical style, so also you can change your mode of thinking. His desire to go in this birth cannot be fulfilled. Habit is second nature or rather first nature itself. Leather belts are attached to other wheels and machines. But another evil crops up-difficulty comes in for the
marrying of other girls. Be careful. 'Action should be relinquished as an evil', declare some thoughtful men. The other four are again divided into other classes so minutely that a student of the Jain Karma philosophy can trace any effect to a particular Karma. This work is not work at all. The quiet Jnani is an embodiment of Vedic teachings. Give up
meat, hot curries, onions and garlic. Suppose for a moment you write some sensational article in some newspaper. Every thought and every deed of yours generates in you certain tendencies which will affect your life herein and hereafter. He evolves very little. Discipline the mind carefully. If you do virtuous deeds, you will get wealth and you can
gratify your worldly desires. This is mutual service of men and Devas. Be polite, courteous, kind, obliging and helpful, not now and then, not by fits and starts, but all the time, all throughout your life's career. The path of love is adapted for a man of emotional temperament. No religious rite is valid without her presence. He is Svatantra or independent
in doing actions. It is obvious that all that the soul has to do is to get rid of the particles of matter which it has drawn to itself. He spent sleepless nights. You are thinking in one way now: "I am Mr. So and So. I am a Brahmin. But with the help of pure reason all desires can be eventually destroyed. Bhakti Yoga and Jnana Yoga are not incompatibles
like acid and alkali. Aspirants draw inspiration from him. It destroys ethics. The Sadhu was unable to stand before the king. How long in disinterested selfless works. "It is true that a man's present abilities are the direct outcome of his own
thoughts and actions in the past: his cogitable endowments, his physical heredity, his moral and mental instincts and capacities are the results of his own though you have nothing to eat, even though you are clad in rags. Even if you do a
little service to the country or to the society or to poor sick people, it brings its own advantages and benefits. How is it that such a child should experience the fear of death, whose existence is conferred by the trembling of the child? Seclusion and Nivritti are
needed for highest realisation. He lives in Him only. They bring the illustration of the bird. People of active temperament should take up Karma Yoga. The doctrine of Karma only can bring solace, contentment and strength to the afflicted and the desperate. He must serve the country. This whole world is my own Atman. Then only will you have an
expanded life and a very large heart. Be kind to all. Feelings, gestures, body, gait, talk, looks, movements, voice qualities and demeanour change altogether. Nothing is lost when the candle burns. Even educated persons do not cherish any ideal. God is all-pervading intelligence or consciousness. Both are correct from their own viewpoints. Chapter
One Yoga of Service 1. Nations rise and fall, empires flourish and are dismembered on the same ground. Short-sightedness, palpitation of the heart, irregular action of the heart, angina pectoris (a painful disease of the heart, irregular action of the heart, angina pectoris (a painful disease of the heart, irregular action of the heart, angina pectoris (a painful disease of the heart, angina pectoris).
and the consequent nicotine poisoning. I do my duty well without any attachment or motive. Have Nishtha with God and Chesta of a female. Suppose also that there is a rich lady in England who has no son and has intense desire to get an intelligent one. The mind has to expand and
expand until the limiting mind-covering, becoming very thin, is torn as under when, the limitations of the thinker ceasing to exist any longer, his inner Self shines in his infinitude of existence, consciousness and bliss, for it was only he, the only one and the real Self that was appearing till then as enclosed in a covering made of mindstuff. Knowledge of
the Self is the only direct means to freedom. Stay in my dominion as long as you like and enjoy." The Brahmin asked: "O king! What has made you regard this kingdom as not yours or all as yours? He who wastes this energy cannot have physical, mental, moral and spiritual development." If the Veerya is lost, Prana gets unsteady. You will carry your
own thoughts and actions. If you do an action, it creates a Samskara or subtle impression in the subconscious mind or Chitta. He called out 'Narayana Hari' at the door of a householder. Do not relax your efforts. They should train themselves to a hard, laborious life, coarse food, sleeping on the ground or on a hard mattress without pillows, walking
bare-footed and refraining to use umbrellas. All will rejoice even in suffering. The ants are busy with collecting grains in summer. All these laws come under one general, all-embracing heading Doctrine of Karma. His intellect is pure and his understanding is extremely clear. He has no idea of God. Destroy them to the very root. Sarvam karmaakhilam
Partha jnane parisamapyate. It will be like a blind man leading another blind man. If one can live in the spirit of this Sloka alone he can have Sreyas or highest bliss. The fruits of actions vary according to the motive. It is he who reaps the fruits of actions, pleasure or pain. You will have to take birth again. How could reward or punishment be meted
out with justice to a man if he has done an action out of free choice? Once Tiruvalluvar was taking cold rice in the morning. Then and then alone are you really happy. They lived for doing service to others. You will begin to feel that this world is a manifestation of God. Desire is the fire. People of cold countries require meat
and a little liquor to keep up heat and help digestion. How many hours did you sleep? People study a few books on Vedanta and style themselves as Jivanmuktas. They are full of energy, concentration, strength, purity and capacity. Be ever ready to serve. Raga-dvesha (likes and dislikes) constitute real Karma. A really big man is one who is simple and
free from egoism and Raga Dvesha (likes and dislikes). I talked to the flowers, they smiled and nodded, I conversed with the running brooks, they verily responded, only God I saw. They are free gentlemen at large! A sense of humour is a rare gift of nature. It is ever free (Nitya Mukta). He has done everything. In other words, whatever actions one has
to perform, according to one's disposition and innate tendency, he may do, taking refuge in the Supreme. When they attain puberty, there is drastic change. It is Self-realisation. Now you are thinking: "I am Mr. So and So," by identifying yourself with the body and other Upadhis or limiting adjuncts. Glory to King Yudhisthira! Glory to Arjuna! Glory to
the Pandavas and Draupadi!" A small mongoose appeared on the scene. A young girl who was newly married loses her husband. If aspirants themselves are gloomy and peevish how are they going to impart joy, peace and strength to others! Master every step in Yoga. If an Ashram is not properly conducted, the kitchen becomes a fighting centre. But
if you try to find out the cause of this suffering, you will doubtless find that it is perfectly right and a just compensation. Why is one born blind? For a Bhakta it is all Prarabdha only; for he is a man of self-surrender. We cannot go against nature? The articles 'Prakriti does Everything', 'Action and Inaction', 'Scope for Personal Exertion', 'Action and Inaction', 'Action and 'Action', 'Action and 'Action and 'Action and 'Action and 'Action and
Actor', 'Self-surrender', and 'Karma Yoga is better than Renunciation of Action', make the chapter deals with universal laws. It is very difficult to find out by the man in the street what exactly the Divine Will is in certain actions. During sleep these Indriyas get Laya (involution) in the mind temporarily. You will doubtless
reap the fruits in this path of Karma Yoga, viz., Jnana. Eventually you will obtain knowledge of the Self. He can neutralise the hostile forces to serve his ends in the beginning with much advantage. You will get
favourable circumstances or opportunities and environments. You must control desire through thoughts. They think they will get respect and honour by putting on fashionable dress. A Karma Yogi should observe Mauna or silence for two hours daily and for six hours on Sundays and holidays. The whole Mayaic Chakra has begun to revolve. Bhuta
Yajna-feeding birds, animals and fish. He dreamt daily that his neck was being tied with a rope. If the man who is attempting to eradicate an evil habit is careless, the old habit will recur again. They are very subtle (Sukshma): They have corresponding centres or counterparts in the brain (nerve centres). There are three kinds of Prarabdha, viz., Icchaeval.
Prarabdha, Aniccha Prarabdha, and Paraiccha Prarabdha. Small creatures are unconsciously killed at these five places. This is also another law of Nature. Tamas is inertia or inaction or darkness. He does not say: "Nature is very powerful, keep quiet and become a slave of nature. If you struggle very hard, the new good habits will establish themselves
quickly. The Infinite alone is bliss. When did you get up from bed? I have six brothers and five sisters. Perennial joy and eternal bliss are in God. Those who have had the good fortune to know of Sri Swami Sivanandaji and his writings-from the biggest volume to the sixteen-page pamphlet distributed free to those who ask and those who do not ask-
will agree with us how infallible his writings are, how simple and lucid is the language he employs in order that what he writes may be accessible not only to the university graduate, but also to him or her who has a working knowledge of English, and how sincere and earnest the author is in his unquenchable thirst to be even a 'particle' of service to
his brethren. Worldly-minded people cannot understand the spirit of Nishkamya service as their minds are charged or saturated with impurities. The ideal to have ethical perfection is just below the ideal of Self-realisation. Then only will you have peace of mind and real lasting happiness. By and by his selfish nature will be destroyed. He always
imagines that habits are innate and that they cannot be changed in one's lifetime. You are the glorious Sun of suns now. If anyone repents and openly admits his minor offences, the sin is washed away. This kind of Yoga is inculcated by Lord Krishna in His teachings: Yogasthah Kuru Karmani Sangam Tyaktva Dhananjaya Sidhyasidhyoh Samo Bhutva
Samatvam Yoga Uchyate. They have taken the present only into consideration. There cannot be surely any moral responsibility where there is no freedom. Note in your spiritual diary the number of good and evil actions that you do daily. This realisation is nothing but the knowing of the self as the real Self, the one without a second. What is right and
wrong? Eternal bliss, supreme peace, infinite knowledge and satisfaction can be had in the Atman only. One path does not exclude the other. The self, deluded by egoism, thinketh: 'I am the doer.' But he, O mighty-armed, who
knoweth the essence of the divisions of the qualities and functions, holding that the qualities move amid the qualities move amid the qualities move amid the qualities move amid the gualities and functions, holding that the qualities move amid the qualities move amid the gualities move amid th
what is inaction? So they started a fire to warm themselves. This process is extremely difficult. Each order of life has its own duties. A real Sevak rejoices in suffering. Freedom is the essence of Karma. They are the Gurus for these little boys for initiation in smoking. He can command Nature. Sankhya and Yoga of Patanjali are complimentary. The
mind is filled with likes and dislikes, jealousy, etc. The Wheel of the Universe This world is action-bound except in the case of action for the sake of sacrifice (Yajna). This is the Yoga of equanimity. 5. Sex-sublimation is within your reach if you wish to attain it. A Bhakta practises self-surrender to destroy his egoism. Avadhootas like Krishnashram of
Gangotri, Brahmendra Saraswati of Sendamangalam, Salem, South India, have not even a Kowpeen. "In the midst of a national calamity it is well to remember that nothing can come to us which we have not deserved. "Having abandoned attachment, Yogins perform action for the purification of the self." Gita: Chapter V-11. To kill an enemy is right for
a Kshatriya king. Free Will How far a man is a free agent of his actions must be intelligently understood in the light of Vedanta. By gradual practice and purification of the mind you will become an expert in Karma Yoga. The actions must try to do
such actions that can bring maximum good and minimum of evil. Is this contradiction? The fruit must also be different. You are all hypocrites and liars." The people replied: "What! You silly mongoose! Have you not realised the glory of this Maha Yajna? Fashion consists in half-nudity. You will have to transcend the blissful state of Savikalpa Samadhi
also. Silken, laced borders and frills are not necessary. Apply yourself diligently right now from this very second. 20. You have heard several eloquent lectures delivered by learned Sannyasins. Bhakti removes the tossing of the mind. Then he did intense Sadhana, realised the Self and followed the example of Raja Janaka in doing service to the world
There cannot be greater injustice in the world than the fact that I am now suffering for the transgression of my ancestor. No one can defy this immutable and irresistible law. Your duty is to work always. 12. The Devas will confer all enjoyments, cattle, woman, children and estate when they are pleased with your sacrifices. How can you expect to be
strong and healthy, if the energy that is acquired through various means with great difficulty, is wasted daily. He should think that the body is the moving temple or Brindavan or Ayodhya. How mentally weak was that Sikh, though he was physically strong. When he was in an unconscious state he used to
move his fingers towards the nose every now and then and do imaginary snuffing. Had he possessed Viveka and Vichara, he would not have done this rash, brutal action. Every one of us is governed by the law of action and reaction. Man has a free will by his birthright. A worldly-minded man works with the idea of "I am the doer" and with expectation
of fruits, and thinks that this world is a solid reality. The impressions coalesce together through repetition and form habits. It gives shade to the weary traveller and delicious fruit to the proprietor. He or she must be free from the lustful look even. Appaya Dikshita, a famous Jnani of Adaiyapalam, North Arcot District, the author of Siddhanta Lesha
and various other Vedantic books, was a devotee of Lord Siva. It is not a commodity which can be purchased on the market. Without good health you cannot achieve anything. Become very, very humble. Be steady in your Sadhana. But knowledge certainly destroys ignorance, as light destroys the thickest darkness. There must not be the least tinge of
pride and irritability. Because man is made in God's image and shares divine life, he is free to act in any way he likes. Time is wasted. You will enjoy the suffering of another. He had Chitta Suddhi. Actions cause good and bad results. Even in
the New Testament there is sufficient evidence for reincarnation. THE DIVINE LIFE SOCIETY Preface There are altogether eight chapters in this book. It cannot raise its hood. He is the devil incarnate and pervade throughout the length and
breadth of the land. The spirit of selflessness slowly creeps in. They should try to keep this perfect balance. Sanchita are destroyed by Brahma Jnana. They can bear the burden of Samsara with patience, endurance and strength of mind. He should have courage. I am like the effulgent fire. The state of Jnanis is indescribable and incomprehensible and incomprehensibl
There is no loss in Nishkamya Karma. To be an Oordhvareta is not merely to prevent the emission of gross semen already formed, but to prevent its formation as gross seed and absorb it into the general system. The central teaching of the Gita is Self-realisation in and through the world. He never allows any evil thought to the gates of his mental
factory. The dawn of knowledge of the Self annihilates these two enemies of the Atman, the two dacoits who are plundering the helpless, ignorant, little, false Jiva, the illusory "I". I have to remit money to my widowed sister. He is Nishkriya or Akarta. Is this due to heredity? Dr. J. He practises Ahimsa and Brahmacharya in thought, word and deed. He
builds a temple for a few thousands and puts his name on the marble slab in front of the temple in bold letters. This is the order: Samskara, tendency, habit, character, and destiny. He may be a baby-soul who is just crawling on the moral and spiritual path. Restlessness, anxiety, worry, fear, depression and pallor of face. One should be fully aware of
the disastrous effects of fashion. They begin to do something against the Government. In some cases these lower births immediately follow the previous earth-life. Their names are handed down from posterity to posterity to posterity to posterity to posterity. You will have to expand your heart and think that this whole world is your own Self. Bodily and mental strength get diminished. A
selfish man has no large heart. Just as the potter's wheel, after being set in motion continues revolving, even after the connection with the potter is cut off, so also a Jnani continues to enjoy the fruit of his Prarabdha Karma; but they cannot produce the seed of Sanchita Karma on account of his non-attachment or absence of craving for them. That
passionate man who visits his legal wife frequently is more immoral than the man who occasionally goes to the house of ill-fame. He was a man of great Purushartha. Then he will be able to turn out more real work easily. Become a true Karma Yogi and enjoy the infinite bliss of the Atman. I spend one anna for my food, distribute nine pies in charity
and save three pies daily. There have been countless previous lives also. Freedom is peace, knowledge and bliss. Make your Indriyas perfect instruments for His Lila. They are not cut and dried. When the veil is removed, when the sheaths are torn asunder, the Sadhaka shines in divine glory. They think that they are doing good
to the country. He takes the money, proceeds to the store and purchases the blanket. The path of Karma Yoga eventually leads to the attainment of infinite bliss of the Self. You should develop sympathy, affection, benevolence, tolerance and humility. A householder's mind is saturated with
many desires. Meditate and raise the Brahmakara-Vritti and enjoy with Brahman. Every aspirant should know how to cook well. You are tired." This is real service. He moves about. I have no individual will. Ladies have more power of endurance. A fine description of the three Gunas or qualities of Nature and their operation is given here. The
potencies of these actions collect together and in one birth the struggling man bursts out as a giant like Buddha, Jesus and Sankara. If you entertain an evil thought to pollutes the whole thought-world. When a man takes the form of a dog, the animal-tendencies, habits and Samskaras only will manifest. Why should we attempt Self-realisation at all?
The student and the teacher should live together as father and devoted son or as husband and wife with extreme sincerity and devotion. You must take medicine. The latter consists in the renunciation of the threefold desire of wife, son and wealth. These stories inculcate the principles of self-sacrifice and present to the householders some really
elevating and inspiring ideals. If one lives with his Guru, he must be prepared to do willingly any work assigned to him. That is the reason why Lord Krishna says in the following table every month and verify whether you are
progressing or not. This is due to Rajas. The aspirants were much inspired by the ideal life of sage Tiruvalluvar and the exalted conduct of his wife. He drags a cheerless life from day to day. If there is flood-tide at Puri, there is an ebb-tide at Waltair. There are many difficulties in this path. Tiruvalluvar In Mylapore, Madras, there lived about two
thousand years ago a born Siddha and born poet by the name of Valluvar, or, as he is more commonly known, Tiruvalluvar. You yourself will have to do the work. You will be doing great injustice. How many hours you spent in useless company? All knowledge comes from within. It also became very jolly. I am Thine my Lord. The man of perfect
knowledge should not unsettle the foolish whose knowledge is imperfect. The law of compensation is inexorable and relentless. It is temporary, false, decaying, glittering beauty! If you possess divine virtues such as mercy, sympathy, love, devotion and forbearance, you will be respected and really honoured. Man must serve society according to his
temperament, taste and capacity. If there is a divine call, you may start a world-wide movement. Man evolves through the practice of Dharma according to his caste and order of life, which brings infinite bliss, supreme peace, unbroken joy, highest knowledge, eternal satisfaction and
immortality. He should have an all-embracing and all-inclusive heart. Enjoy with the most beautiful woman (Param Sundari). This habit starts from early boyhood. How can they hope for God-realisation when they have not the eyes to see God in all beings and the spirit of service to serve Him in all these forms? There is no Yajna that is greater than
this. Intense Rajas takes a Sattvic turn. He who spreads happiness will always get such favourable circumstances as can bring him happiness. Thus he builds a noble character. The third chapter deals with what is known as Svadharma. All Siddhis and Riddhis roll at his feet. If you have a great asset of good Samskaras, you will not do any evil action at
all. What Is Svadharma? Nishtha removes the stumbling blocks on the path of realisation. Thinking is the real Karma. I will go to Gangotri and live in a cave and do intense meditation. Work without any sort of motive and feel its effects, purity and inner strength. Pass in your examination and get a good job. The Sannyasin thought within himself: 'O
my Lord! Is this the man from whom I am going to learn something interesting and useful? One can change his habits, thoughts and character by developing good habits and thoughts. Bala-Brahmacharya is a synonymous term for unbroken (Akhanda) Brahmacharya. You can realise God even while remaining in the world if you adopt this method
There must not be the least attachment to any kind of work. This is a very dangerous habit. Run to him with the cup in your hand, with panting breath, with your body bathed in profuse perspiration, and say: "O venerable Master, dispeller of my ignorance! Here is the oil for thee." If a passer-by asks for a cup of water, say to him with courtesy, in
sweet words: "Brother, take your seat. Rishi Kanada, the author of Vaiseshika philosophy says in the opening Sutra: "That which brings Nisreyasa and Abhyudaya (supreme bliss and exaltation), is Dharma. His motive is good. If, however, his thoughts and actions are directed exclusively towards personal and selfish ends, his mind contracts more and
more and recedes still further from the path of evolution. It has indeed been detected that the health of students has deteriorated throughout India. After death this physical body, composed of five elements, is cast off like a slough or the coil of a snake. They will goad you to do selfless actions. This volume is, as the title will show, a book that has been
carefully prepared for the benefit of those who are intricately placed in life that they cannot tread the path of renunciation or Sannyasa. He says: "I am the silent witness of the mental modifications and the works done by the different organs of the body. But the doctrine of reincarnation assists most when we look at the inequality and injustice and
evil in the world and seek the solution. The accumulated and current actions of a Juani take shelter in Brahmanda Prakriti. Let all men reflect with care and attention, the passage of the soul through diverse forms of Brahma, Devas, men, beasts, plants and stones, in accordance with their good and evil deeds, and also let them apply their minds to
does many evil actions apparently enjoys in this birth, this is due to some good Karma he must have done in his previous birth. Trial or luck, Purushartha or Prarabdha, free will or necessity-all these are synonymous terms. He will say: "Whatever I say is correct. 12. Give the hands to work. But do not become a victim of sloth or inertia. All vices cling
to a gambler. How did you manage to get such exalted knowledge?" The butcher replied: "Swamiji, you are mistaken. The mind of the girl who has the water-pot on her head, is on the pot even though she talks and jokes with her comrades while walking along the road. Whatever work a man does, whatever his motive, of that the reward he should ge
in a corresponding body. This law is inexorable and immutable. These Samskaras assume the form of very big waves through memory, internal or external stimulus. How long did you meditate in one Asana? A serious riot now ensues. Service of husband becomes worship. It presupposes freedom of the will. He can have an understanding of the laws of
the universe and the operation of the world by having a knowledge of the Sankhya philosophy of Kapila Muni. Man becomes like a piece of straw that is tossed about hither and thither in the wind. The glory and freedom of a Sannyasin can hardly be described. If you can remove this ignorance in men, then only can they be eternally happy. In
because they are not hostile to each other. Men of rational temperament with reasoning power, strong individual thinking and bold reasoning can take up this path. Sri Ashutosh Mukerji of Calcutta, late Vice-Chancellor of the Calcutta University used to worship his mother and drink her Charanamrita daily before going to his office. There is a clear
            '-assert this real birthright. IX-40. Concentrate. It is withdrawn and elaborated into a gross form in the sex organ under the influence of the sexual will and excitement. I am Thy disciple, suppliant to Thee; teach me." Ch. II-7. God gives suitable surroundings according to the nature of the desire of the man for his growth and evolution. He
loses his memory. Lord Krishna gives the reply in Sloka 66 of Ch. XVIII. Yet he will not leave it. Become a virtuous man. If one man gets deep grooves in his mind by learning music or mathematics in this birth, he carries these impressions to the next birth and becomes a prodigy in these sciences even when he is a boy. One has to evolve through sins
effect. How many lies did you tell and with what self-punishment? The first chapter treats of the Yoga of service. One gains a little experience only. I must put forth so much work only." He will weigh the work and money in a balance. How could a man he made to account for his action, unless he is a free agent of his deeds? This does not appeal to my
reason at all. If he uses this body for satisfaction of petty desires and selfish ends, he becomes an object of pity and condemnation. A man who is easily irritated and who can be easily offended over trifling things is absolutely unfit for the path of Karma Yoga. Card-play and horse-racing are modifications of gambling only. It is from this desire that all
the evils and miseries come to human beings. Who is a great man? May that silent Law-giver who is hiding Himself behind these names and forms guide you in all your thoughts, speech, and actions! Glory to the law and the Law-giver who is hiding Himself behind these names and forms guide you in all your thoughts, speech, and actions! Glory to the law and the Law-giver! 4. Become an ideal Karma Yogi like Janaka or Buddha. The catholic priests and the reverend clergymen represent
the Brahmins. Rishi Visvamitra had to eat prohibited meat when his life was in jeopardy. "In this world there is a twofold path, as I have before said, O sinless one: that of Yoga by knowledge of the Sankhyas, and that of Yoga by action of the Yogis." Here Sankhyas, and that of Yoga by action of the Yogis."
attempt he calls it Purushartha. We should have reverence for life. Your egoism will try to re-enter. Under the security of the changeless law of cause and effect a man can serenely proceed to achieve anything he desires to accomplish. Ignorant people want absolute happiness in this world. So long as the conditions laid down by the law are
meticulously fulfilled and observed, we have fullest certainty of our success in any direction. I would like you to understand that sin is nothing but a mistake only. The central teaching of the Gita and Yoga Vasishtha is that Self-realisation should be attained in and through the world. Further there is not the least chance of getting harmed by practising that sin is nothing but a mistake only.
this Karma Yoga. This will constitute Yoga. Feel and realise. "Destiny is simply the limitation imposed by an already exercised freedom of choice, or what is commonly called free will." (Kingsland: Rational Mysticism, p.353). They repent later on. But do not expect fruits. Reincarnation is the only doctrine which gives a complete solution to the much
disputed guestion of original sin. The action performed under delusion without regard to the capacity and consequences, loss and injury to others, is declared to be dark (Tamasic)." Gita: Ch. XVIII-23, 24, 25. You will find in the Gita: "Yam yam vaapi smaran bhavam tyajatyante kalevaram Tam tamevaiti Kaunteya sadaa tadbhavabhavitah. Viswaranjan
added plain Ganga water to the soup. Here is a challenge to the non-believers of the Hindu theory of transmigration. Ordinary people should not attempt to hear this Divine Voice, the voice of God-they may mistake the voice of the impure mind for the voice of God. This is another important point. There will be a glow of ineffable splendour.
Understand the secret of Karma Yoga and work without attachment and identification and you will soon attain God-consciousness. You will have to train the mind to work disinterestedly. The doctrine of Karma alone will give satisfaction. Even those who have belief in the personal creator of the universe must believe in this doctrine of reincarnation in the mind to work disinterestedly.
the past, present and future and the law of compensation operates with perfect justice and harmony. The life of the individual soul (Jivatma) consists of countless earthly lives. Such a man only can do real and useful service to the country and to suffering humanity. Mark how precious is the vital fluid, semen! Glory to those Yogis who have attained
Oordhvareta or full sex-sublimation and who rest in their own Svaroopa! May we all practise perfect celibacy through the practice of Sama, Dama, discrimination, Vichara, Vairagya, Pranayama, Japa, Dhyana and Asanas and reach the goal of life! May the indweller of our hearts grant us spiritual strength to control the Indriyas and the mind! May we
all become full Oordhvareta Yogis like Sri Sankara, Sri Jnana Dev and others of yore! May their blessings be upon us! 11. It may be that every Kalpa or Cycle of the universe takes the appearance in the condition in which it was just before the Pralaya or dissolution that preceded the Kalpa
in question. It will be digested well. This is work for gain and satisfaction of the lower appetite. One should be absolute selfishness, he is simply
wasting his life. Selfless service is unknown to him. He talks on divine topics. Then he can pull on in this world smoothly and happily. The former Yogi will have no Vikshepa or tossing of mind, while the latter will be easily disturbed by a little sound or bustle of the city. Internal fight will go on between the old and new Samskaras, between old and new
greater than the mind is reason; but that which is greater than reason, is He. Thus understanding Him as greater than reason, restraining the self by the Self, slay thou, O mighty-armed, the enemy in the form of desire, difficult to overcome." Ch. III-36-43. May the indweller of our hearts, the omniscient, omnipotent and omnipresent Isvara grant you
all strength, peace, spiritual power, discrimination, alertness, far-sightedness to practise Karma Yoga and to realise the grand truths of the Upanishads after getting Chitta Suddhi through incessant and untiring selfless service, is the humble and earnest prayer of thy sevak and comrade. Raja Yoga is suited to men of mystic temperament. The mind
over the bad fruit of the other. From childhood to old age, during the whole course of the total change of all brain-molecules the idea 'I am I' is undisturbed. Determinism is the doctrine that all things, including the will, are determined (limited) by causes. One man asked one of the girls to marry him. He is part of the cycle and must perform his
assigned task like the other parts. This can never be done. He has no Kartru Bhava. I shall attend on you presently." The butcher finished his business with customers and then asked the Sannyasin to follow him to his house. It is the presence or the absence of such a separate connecting life that makes, in fact, all the difference between the organic
and the inorganic sides of Nature. Therefore he has to take many lives. Do good actions always. Chapter Three Svadharma 1. Even so, you cannot have health and spiritual life without Brahmacharya. Greed, jealousy, hatred, anger and passion will vanish. The performance of the Bhuta Yajna aims at the development of mercy and realising the unity of the unity of the same and passion will vanish. The performance of the Bhuta Yajna aims at the development of mercy and realising the unity of the unity 
life and consciousness. It is not like the relationship of a student and a teacher or professor in schools and colleges. The force of Sattvic habits will goad you on to do virtuous actions only. The divine light will not descend if the stomach is loaded with meat diet. A seed from this fruit brings forth a tree like the parent tree. Stand up. Service of the
country is service of Mother Kali. Either this body is not mine or the whole world is mine, and similarly that of others too. The mind is glued, as it were, to the objects with this mixture. To them mind-control is absolutely impossible. They are the Dharmas of the senses. He is extremely humble. The Jain philosophy gives a detailed enumeration of
Karmas, and explains how they are attracted (Ashrava), how their inflow can be entirely worked out (Nirjara), how their inflow can be stopped (Samvara), how they are assimilated with the individual (Bandha), how their inflow can be stopped (Samvara), how they are assimilated with the individual (Bandha), how they are assimilated with the i
am in a dilemma. They do not attempt to practise the Dharmas of their order of life. By Achara man attains fame, power and strength here and hereafter. Verily, there is no purifier in this world like wisdom; he that is perfected in Yoga finds it in the Self in due season." Ch. IV-36, 37, 38. Plunge yourself in selfless service. God shapes the mind of
human beings by giving them opportunities. He feels lazy, indolent and lethargic. Though we are not able to understand the working of the law, yet the cause is there. Conduct "According as he acts and according as he conducts himself, so will he be."-Bri. Their strong currents will overhaul your evil habits
Feel strongly first that you should give up that evil habit immediately. "Sacrifice, gift and also austerity are the purifiers of the wise." Gita: Chapter XVIII-5. He takes on his shoulders the most responsible, difficult and the most arduous and uninteresting of works and kills his own little self just to please others. This is preparatory to Sannyasa. Instead
of killing the egoism and the idea of "mineness", ignorant people kill innocent animals under the pretext of sacrifice to the goddess. Husbands also should be ideal persons with noble qualities. Eight Siddhis and nine Riddhis roll under his feet. Control them. Always have a balanced mind. Just hear the following anecdote of a pious woman and a
butcher with rapt attention: A Sannyasin retired into a forest to practise Yoga. It is nothing but a collection of units or individuals. You will not be affected by evil influences. In essence thou art the most sacred Atman. This is the secret of success in Yoga. This will give everlasting beauty even though one is clad in rags. But one should serve with
Bhava. The acts of destiny are out of control of man. Nor are you denied milk, or honey, fragrant of the aroma of the thyma flower. Be noble-minded. He has obtained everything. The acts of breathing, thinking, feeling, and willing produce impressions. I have no training to hear Thy shrill inner voice. If your daughter, brother or mother comes here and
weeps, have you the strength of mind to resist Moha? The sandal tree sends out fragrance in all directions. XIII-22, 42, 86. Obscene pictures, vulgar words, novels which deal with love-stories, excite passion and produce ignoble, mean, undesirable sentiments in the heart. Then alone you are a man. Then he can reach Sattva. I made you wait because I
was busy attending upon my sick husband. Viswamitra became a Brahmarshi through vigorous Tapas and changed his destiny. Without His presence Prakriti cannot do anything. Out of fat comes marrow; out of marrow comes semen. At other times Rajas prevails. The
man cannot pray even for a second. He should always have a cool and balanced mind. The Gita describes the nature of Sattvic, Rajasic and Tamasic natures in chapter eighteen as follows: "That which knows the path of work and renunciation, what ought to be done, fear and fearlessness, bondage and liberation-that intellect is Sattvic (pure), O
Arjuna. The man becomes nervous. He weeps bitterly. When the wisdom-light streams forth from all the gates of the body, then it may be known that Sattva is increasing. The firing of a cannon, the rolling sound of motor-lorries and bullock-carts in the streets cannot make any impression in his mind. Just hear my words with patience. Why do you
want a fan now?" She simply obeyed his commands. A man may be born in India as a poor Brahmin in one birth. All Sadhana and Yogic practices aim at removing the veil only. He is always drowned in sorrow. Even so, fix the mind at the Lotus Feet of the Lord and give the hands to worldly activities. He does not know what he is exactly doing. He
should therefore think only such thoughts and do only such action and Reaction The grand law of causation includes the law of action and reastion. Just as you think, so you will become. Law of Action and the law of retribution. They are two names for one thing. Such is
the power of attachment. He must serve society in a variety of ways. The doctrine of Karma forms an integral part of Vedanta. What is society after all? Sex hangs on the ego. He cannot do any service in a magnanimous manner. Give me a definite promise that you will use simple clothing from this very second. Their philosophy is only on their lips. It
ulcer. I should be the author of confusion of castes, and should destroy these creatures of mind casts off the fruits of actions. Man is certainly not a creature of environments or circumstances. I can change my Prarabdha. Therefore the thirst for enjoyment should be abandoned. I have six daughters and five six daughters and five six daughters and five six daughters.
sons. The life of the student starts with the Upanayana ceremony, his second birth. Subject to the law of Karma man has to work out the effect of his previous actions. It will infuse divine thoughts. He was a student of Maharishi Vyasa, the founder of Uttara Mimamsa or Vedanta. Chapter Two Universal Laws 1. It is the quintessence of blood. There are
still Moha, Raga and Vasanas lurking in them. Practise it steadily. The mind is not a Tabularasa or a blank sheet of paper. While so, some of the Western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable, from the western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable, from the western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable, from the western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable, from the western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable, from the western philosophers propound a theory that there is gradual progress from the mineral condition to the vegetable with the vegetable with the mineral condition to the vegetable with the mineral condition to the vegetable with the vegetable 
of evolution. This ideal will lead a man to the darkest regions of misery and sorrow, the 'eternal lake of fire'. Any physical or mental action is Karma. He has no glimpse of Truth. What is really wanted is practical Vedanta through ceaseless, selfless service. It is the mind that really plans, schemes and suggests in all activities. The next question is, why
should we have good health? There are very many temptations and dangers on the Yogic path. Even legislation cannot stop this evil. He has the six attributes of Jnana (wisdom), Vairagya (dispassion), Bala (strength), Aisvarya (Siddhis or powers), Sri (wealth) and Kirti (fame). If ordinary students give up work they will become Tamasic and lazy. If I
strike against a pillow, the pillow is bound to react upon me with equal force. The heavy load which he felt previously on account of false notion has vanished out of sight now. Always entertain holy, sublime thoughts and desires. He who hurts another man hurts himself first. This personality has grown very strong. There are many varieties of this
force. Again, as Bacon said: 'Nature is conquered by obedience.' By Nature he meant natural laws. He falls a prey to smoking. She at once left the rope and ran to him with a fan to cool down the rice. This is not sense of duty. Work for the welfare of the world in unison with the Divine Will. I must read Ramayana.' He has no idea of the laws of Nature he meant natural laws. He falls a prey to smoking. She at once left the rope and ran to him with a fan to cool down the rice. This is not sense of duty.
The time is not very far if you keep up the ideal before you daily and struggle hard to reach the ideal, and if you are sincere and earnest in your purpose. One who attempts Self-realisation does the best service to mankind. Man is a creature of imitation. If one is well established in Ahimsa in thought, word and deed, he can never do any wrong action.
They must entirely give up arguing and discussions. But the Prarabdha can only be exhausted by experiencing their fruits in the present life. Then alone they will be ready for the commencement of meditation. There are indeed many ways to gain health and strength. A little sound, a single word upset his mind and threw him out of balance. Now
could there be fear of death to avoid pain in any being who has only been born, if he has had no experience of liability to death, it being understood that desire to avoid anything is only caused by remembrance suffered in consequence thereof? That which, enveloped in darkness, sees Dharma as Adharma, and all things perverted-that intellect is
his possessions with others? Ahimsa Paramo Dharmah. Content with whatsoever he obtained in success and failure, though acting he is not bound. XII-81. "For a sage who is seeking Yoga, action is called the means; for the same sage when enthroned in Yoga, serenity is called the
means." Ch. VI-3. We should keep up the name of our worthy parents. He must be devoted to his wife who is his partner in life, and who occupies the left half of his body (Ardhangini). He says: "Control the Vrittis and then rest in your own Svarupa (essence). Entertain a strong desire: "I must become a great man presently." All these habits will take to
their heels. This is a question of training of the mind. Then alone can you have real happiness. You will have to desire, to think, and act only. Here there is a description of the various kinds of Karmas. Can there be any trace of lust or impurity in the eternal and pure Atman? They are the cause for rebirths. There is no ethical culture in modern schools are the cause for rebirths.
and colleges. He at once nips them in the bud. Why then do you make these ceaseless selfish efforts for earning money and preparing fashionable dress? If you are equipped with the above qualification, you are a beacon-light and a rare blessing to the world at large. Every act leaves Samskaras in the Chitta, which causes memory. You will gain
immense inner strength and purity of heart. Many people are shot. Therefore man creates his own character and circumstances. He will, as is the law, be fed up with activities. I am your servant always. Naimittika Karmas-occasional rites. You will be placed in holy surroundings as Uttarakashi, Himalayas and Benares, where you can perform Tapas
Bhakta does self-surrender and dedicates all his actions at the Lotus Feet of the Lord as Isvararpana unto Him. In the West sons of cobblers and fishermen have risen to high positions. A child is born blind, deaf or dumb-this is due to Prarabdha. He who has developed pure poised reason and who is resting in the Self, is quite aware that all actions are
done by the Divine Actor within (Antaryamin). The Lord of Death flees away from him. There was a great famine. Much energy is wasted. See divinity in the pulsation and motion of his lungs. The present is unchangeable. The Upanishads also corroborate this statement. He has to find out the rules of
did not speak a word to the saint. Pray, give up this wrong, foolish imagination. Then only will he not do any wrong action. Let no wise man unsettle the minds of the ignorant attached to action; but acting in harmony with Me, let him render all action attractive." Ch. III-22 to 26. Our achievements are determined by our efforts. Jagai and Madhai, two
rogues of the first order were changed by the current of Nityananda, disciple of Lord Gouranga. Philosophers like Kant, Schelling and Schopenhauer have upheld this doctrine. The impurities lurk in the fourfold mind (Antahkarana). The little bird looked down and saw the travellers. May the great Lord, the Flute-Bearer of Brindavan, the lover of
Radha, the joy of Devaki, grant us right belief, Suddha Prem, right mental attitude and inner spiritual strength to do selfless service to the world, by doing Nishkamya Karma Yoga with Narayana Bhava, by remembering Him at all times and by offering all actions, body, mind and the soul at
His Lotus Feet! May the blessings of Siva and Hari be upon us all! 3. Though you are a Yogi or a Jnani, do not unsettle the minds of the ignorant people who are attached to action. That is the reason why Lord Krishna says in the Gita: Anishtamishtam misram cha trividham karmanah phalam. In filth and scents, in poison and dainties, In the market and
in society, only God I saw. You must utilise the energy that is conserved by the control of organs for higher purposes at the altar of God. Otherwise his steamer will drift here and there helplessly and be wrecked by being dashed against some ice-bergs or rocks. But through resolute efforts he can change his thoughts, desires and actions and can
become a very good charitable man and attain perfection, freedom and immortality." Gleanings 1. What is called world is only mind. Nothing is impossible for a Sadhaka who has an iron will and strong determination. He was highly pleased
with the butcher. You may reach the same goal by different paths. Mere emotional bubbling will not help you much. A Kshatriya should manifest prowess, splendour, firmness, dexterity, bravery, generosity, and the nature of a ruler. Half the chest, half-arms and half-legs must be exposed. Vanaprastha is only a preparatory step to Sannyasa. This is all
Prarabdha. Kindly clean the bowl and bring it to me. If you ask him: 'What are your duties to the country and humanity? It is the mind that creates the ideas of 'I-ness' and 'mine-ness'. But the question is, why not now? A short speech can produce a tremendous impression on the minds of hearers. He should have absolute faith in himself, in God, in the
scriptures and in the words of his Guru. "To him who has conquered himself, his own self is the friend of himself, his own self stands in the place of an enemy like the (external) foe." Ch. VI-6. Control of Smoking Habit He who smokes is unfit for the practice of Karma Yoga. Similarly, we are
equally free and unfettered to choose a line of action which is sure to bring its fruit in due time. In passing from one incarnation to the other, the soul does not carry its former brain in the new body. Entertain holy desires. If the husbands of the present-day behave like Tiruvalluvar, the wives will say: "My husband has become senseless. Building
castles in the air or Manorajya, Tandra and Alasya, sleepy state, brooding, and other negative states of the mind should not be mistaken for Samadhi or meditation. I regard him as my Guru and God. Create opportunities. It brings glory, fame, virtue and Pratishtha. The world has never witnessed such wonderful sacrifice. Watch your though
carefully. In the first place no religion of the world supports such a theory, and, as Benjamin Kidd in his Social Evolution says: "The tendency of the doctrine of evolution has been generally considered to be on the whole anti-religious." They say that evolution has been generally considered to be on the world supports such a theory, and, as Benjamin Kidd in his Social Evolution has been generally considered to be on the whole anti-religious." They say that evolution has been generally considered to be on the whole anti-religious."
grown-up father procreates a son, and the son in turn becomes a father. That man who has gained control over desires and thoughts is really a powerful and happy man. Does anybody remember Sri Vyasa, Vasishtha, Vikramaditya, Yajnavalkya, Vama Dev and Jada Bharata now? Think rightly. This is an easy way to find out right and wrong. Kill
ambition, kill desire of life, kill desire for comfort. But that action that is done by one longing for pleasures, or again with egoism, or with much effort, is declared to be passionate (Rajasic). The commander-in-chief is the mind. He can make those things also happen which were not destined to happen (V-24-28). It is all Karma. Ahamta and Mamata are
the two poisonous fangs of the mind-serpent. The view that is now and then expressed from the modern Theosophical platform: 'every grain of sand has its Jivatma' is clearly wrong and opposed to the clear statement in the holy books that the Jivas are to be found only in four classes of bodies, viz., Jarayuja (mammals), Andaja (egg-born), Svedaja
(sweat-born) and Udbhijja (earth-born). A farmer reaps rich harvests only when he labours in his field for a long time. Tobacco produces nicotine poisoning, tobacco produces nicotine poisoning, tobacco heart (irritable heart), nervous diseases and tobacco amblyopia (eye disease). Dear friends! Man is the master of his destiny. 'Acts of sacrifice, gift and austerity should not be
relinquished', say others. Words cannot adequately describe his exalted state and inward happiness. The intellect becomes clouded and blunt. Forbidden or prohibitory (Nishedha). Then you are a wise man. A lady from Paris came to me for an interview. I obtained illumination, perfection, purity and freedom through the discharge of my duties as a
householder and through the service of my parents. He is then placed amidst very unfavourable environments to his progress onwards. He was a pupil-teacher. This bondage is illusory.' Let me repeat here the words of Lord Krishna in the Gita, that bespeak of the freedom of man in doing Karma: Uddharet Atmana Atmanam Avasadayet
Atmaiva Hyatmano Bandhuratmanah. This can be achieved by following the path of Bhakti Yoga, Raja Yoga, Inana Yoga or Karma Yoga, Inana Yoga, Inana Yoga or Karma Yoga, Inana Yoga or Karma Yoga, Inana Hyatmano Bandhuratmanah. This can be achieved by following the path of Bhakti Yoga, Raja Yoga, Inana Yoga or Karma Yoga or Karma Yoga, Inana Yoga or Karma Yoga or Karma Yoga, Inana Yoga or Karma Yoga, Inana Yoga or Karma Yoga or Karma Yoga, Inana Yoga or Karma Yoga
subconscious mind. It is hidden in the consciousness of the Self. Cut the three knots of Avidya and realise Satchidananda. Transmigration made its appearance in the early Christian church. But if a man has no abstraction or concentration he will find a big city in the thick of the forest. The Gita says: Jnanagnih sarvakarmani bhasmasatkurute. Prayer,
Japa and meditation will also help in the eradication of this evil habit. Work for the fulfilment of purposes divine. He willingly undergoes pain and suffering in order to serve and please others. The remnant of the sacrifice is Amrita or ambrosia. Live up to Your Ideal You should have your own ideal in life and should try hard to accomplish the ideal. Be
not troubled. Be perfectly accurate in doing any kind of work. The law and the Law-giver are one. Those who are established in Sattva rise upwards. You will begin to feel oneness and unity. It is my body. The sun shines, the fire burns, the river flows, the tree blossoms and bears fruit, the mind thinks, feels and wills, the brain and the
various organs like the heart, lungs, spleen and kidneys work in harmony and in strict obedience to this grand law of cause and effect. Man acts and thinks and develops his own character. Desires will crop in. The mental state of Chudalai also was the same as that of Janaka. What a nasty state of affairs! Horrible indeed is the sight! The parents are
wholly and solely responsible for the evil conduct of their sons and daughters. They are also indestructible. It is a morbid state of mind due to excessive jealousy, hatred, anger, worry and depression brought about by various causes. For a vedantin there is neither hell nor heaven. Feel that you are serving God in all beings. Feel that the world is a
manifestation of God. The Jnana-Karma-Yogi thinks and feels that he is serving his own Atman and realises Advaitic consciousness. Ploughing, protection of cattle, trade, charity, doing sacrifice, study of the Vedas, engaging in commerce, finance and agriculture are the duties of a Vaishya born of his own nature. Aspirants do not have unshakable faith
in the Guru or in the Srutis. He did not stay in the mental world for a long time to rebuild a new mind and astral body according to his previous experiences of the world. A Karma Yogi does not expect even a return of love, appreciation, gratitude or admiration from the people whom he is serving. He will hasten the attainment of these through a cool
estimation of the value of the earth's so-called prices, and will meditate on their transitory nature, the anxiety and unrest of those whose hearts are fixed on them, and the emptiness of them when finally grasped and held, the satiety that follows close on the heels of possession. Flesh is unnatural food, and therefore tends to create functional
disturbances. A Nishkamya Karma Yogi says: "Do all works without expectation of fruits. Sannyasa has got its own advantages. It causes inflammation of the astral body and drains the vitality of man. The basic foundation of the world-order is mutuality and healthy co-operation. You will feel that you are a different being. They are best calculated to
purify the heart of the performer and to prepare his mind for the reception of Brahma Jnana. Talks about rich men will stir the mind to luxurious living. The last powerful thought that occupies the mind of a man in his dying moment determines the nature of his next birth. All want money anyhow. The same thing is preached by Sri Vasishtha to Sri
Rama. He can change his destiny. He tries to keep balance of mind and to be always free. Though he is in very adverse circumstances, there is a peculiar instinct in man that prompts him to think that he is always free. They have become confirmed atheists and
rank materialists. But you have not at all endeavoured to put anything into serious earnest practice and to do protracted solid Sadhana. Fate educates and instructs man. He will become saintly in character. They are quite common now. But you must have such a mind if you want to progress in meditation, if you desire to do Nishkamya Karma Yoga. I
repeat again the words of the Gita: "Nor can anyone, even for an instant, remain really actionless; for helplessly is everyone driven to action by the qualities born of nature." Ch. III-5 The qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man to do some action by the qualities force a man
for a life in the Atman. Vegetarians keep up sound health till old age. No leniency should be allowed to the mind. Lawful actions are the injunctions of the Sastras. The secret of Karma is very mysterious. I must please you in the fulfilment of your holy wish. Self-restraint, serenity, patience, austerity, purity, belief in God, forgiveness, self-sacrifice,
uprighteousness, truthfulness, wisdom, teaching and studying the Vedas, doing sacrifices, and also guiding others in offering sacrifices and gifts are the duties of a Brahmana born of his own nature. Even if there is one real Jivanmukta, he is a great dynamic force to guide the whole world. From the eighth day its mouth became
sweet. These bad environments or impediments to advancement are in consequence of his own previous errors and misdoings. Have a balanced mind. They only talk of Brahman. It was wholly adopted by the Neo-Platonists like Plotinus and Proclas. Thought is the fuel. "Therefore at all times think upon Me and fight with mind and reason set on Me,
without doubt thou shalt come unto Me." Gita: Chapter VIII-7. It is only Sannyasins bold who have worked wonders in the past. He has to learn many lessons and experiences in this great world-school. After sometime, you will become a wonderful Karma Yogi, He must fulfil all these duties of his life. Some Yogic fire at once emanated from the crown
of his head and burnt the crane to ashes immediately. My silent adoration to such a Yogi! Even among electrons there are bachelor electrons and married electrons to such a Yogi! Even among electrons to such a Yogi! Even among electrons and married electrons and married electrons to such a Yogi! Even among electrons to such a Yogi! Even among electrons to such a Yogi! Even among electrons and married electrons and married electrons and married electrons. You will realise "One in all" and "all in One". One can reach a certain stage only in Yoga, Jnana or Bhakti while he remains in the world. If a Brahmachari does not want to take up the
course of lifelong celibacy, he can become a householder. If you give a cup of water to somebody, you do expect something in return from him. Act as such, feel as such and claim your birthright, not from tomorrow or the day after, but right now at this very second. "'I do not do anything' should think the harmonised one, who knoweth the essence of
things. They are called Apat-Dharma. All evil habits will be eradicated. His mind is full of greed. Serve with pure love, kindness and courtesy. Further the actual essence does not come out during wet-dreams. If you care for the fruits of actions you will be caught up in the wheel of birth and death. The first step in spiritual advancement is the giving up
of meat diet. Throughout the Yoga Vasishtha, Sri Va
lamentably sunk in the mire of darkness! Pitiable specimens of humanity! Slayers of Atman! May Lord Krishnaswami, Antaryami, the Indweller of your heart, give you strength to overcome all these evil habits! May His blessing be upon you all! Chapter Seven Karma Yoga In The Gita 1. He must train them in the path of spirituality from the very
childhood. His old Samskaras, his old thoughts try to resist and recur again and again. Let me remind you of one important teaching of the Gita which will give you peace of mind and bliss: 'Better one's own duty, though destitute of merit, than the duty of another well discharged. Ask a clerk in the Collectorate: 'What are your duties?' He will say: 'I
must earn money to support my family and parents. Why should he suffer owing to the whim of such a Creator? He trembled and fell on the ground senseless. That is the beauty of Karma Yoga. If you say: "Sastras are countless. I am a householder." This is Prarabdha. But there is the word of assurance given by Lord Krishna to Arjuna: "I pledge thee
My truth; thou art dear to Me." The Lord further says: "Abandoning all duties, come unto Me alone for shelter, sorrow not, I will liberate thee from all sins. He who sows oranges reaps oranges reaps oranges. Because the Nitya-Mukta (ever free) Atman is at the back of his mind, sentiments and feelings, he feels that he is free. Man is a bundle of Samskaras. Prakriti
will certainly utilise the merits and attainments of the silent Jnani. The nature of faultfinding is deeply ingrained in you. One should therefore overcome one's unfavourable destiny (the effect of one's past efforts) by greater effort in the present, gnawing his teeth (II-5-11). Truth can never hurt the feeling of others." The priests and others who enjoyed
the Yajna of Raja Yudhisthira were put to shame. What an expanded heart you will have! Indescribable! Practise, feel and enjoy this state. The Sannyasin became enraged. Many people worry themselves that they have committed serious crimes and consequently become prey to the haunting thoughts of the so-called sin. Gradually ascend the
successive stages boldly and cheerfully. It is the most important qualification for the aspirant, either in the path of Karma Yoga, Upasana, Raja Yoga or Vedanta. That man who works in the world finds it equally difficult to remain in a solitary place. In the beginning all your actions may be selfish. Now, if we would analyse the idea of tendency, we
would not fail to observe that it is the modification of the mind in particular ways. The Gunas only do all actions, Ladies who practise Pativrata Dharma need not go to temples. I am puzzled and bewildered," then strictly follow the words of a Guru in whom you can place absolute faith and confidence. He feels that he is one with the Lord and that he is
a partner in His Lila. Karma, in short, is the whole Samsaric make-up of an embodied being. This is simply impossible and puerile. Never grumble or murmur during service. Do not be childish and silly. I am quite indifferent. They say that the diseases of the body are attributable to hatred, anger, worry, depression, etc., which corrode the mind and
react on the body and bring about various physical diseases by destroying the cells of the body. Pray to the sun: "O sun! Let my lost strength be restored-Punar Mametu Indrivam. They need rigorous discipline and training. Conscience is one's own intellectual conviction. You may fail in the beginning several times, but you are bound to attain success
in the end if you persist in the practice. Twice blessed is he who tries to become a real Brahmachari. Mere intellectual achievement in the art of delivering dry lectures alone will not suffice. I do not know anything else." The king was very much pleased with the humility, simplicity, loving nature, devotion and purity of the wood-cutter. It is highly
deplorable indeed. In the Code of Manu you will find various kinds of Prayaschitta for the destruction of various kinds of sins, such as the murder of a Brahmin, killing of a cow, drinking alcohol or taking forbidden foods, adultery, etc. He sows a habit and reaps a character. God gave me an opportunity to serve and improve myself'. It is he who tastes
the 'forbidden fruit' first. You will have to drag on a dreary, cheerless existence. It gives a positive definite word of assurance that, although the present of which he himself is the creator or the author, is unalterable and irrevocable, he may better his future by changing his thoughts, habits, tendencies and mode of action. Can anyone remember that
wonderful epoch, the infancy? He attended to his old father and mother. You should leave the results to Prarabdha. In reality I am Satchidananda Atman. He is dear to God. But gradually he too can wean the mind from expectation of rewards. During Srishti or projection a vibration arises and the three qualities are manifested in the physical universe
Here is water. Even if the mind brings a message into the mental factory by its association with the Indriyas, the pure reason can reject it altogether. Nothing can affect me now. You will have to fortify yourself carefully. His powerful spiritual vibrations purify the world and elevate others. He now enjoys the Divine Aishvarya. They were examples of
absolute self-abnegation. It is purely divine. The hypothesis falls to the ground on account of its unsound nature. Do not grumble, therefore, of bad environments. They say: "Smoking keeps my bowels free. He lives for Him only. It is a great friend of Satan or anti-God. To get rid of this thirst is real happiness." Understand that desire that is born of the
quality of Rajas is man's enemy in this Samsara. This whole universe is my home. The faculty of choosing is termed will. A knowledge of these laws of Nature will infuse discrimination and force him to do virtuous actions, always taking care to avoid all
evil actions. They are only able to see that one being is more 'advanced' than another and that this universe is inhabited by beings of manifold gradation of advancement, physical and mental. It will be palatable like nectar. March boldly in the field with Prem and Shraddha. In the rosy cheeks of Kashmiri ladies, In the ugly faces of African negroes,
only God I saw. I will declare to thee the action by knowing which thou shalt be freed from evil. Again you will do virtuous and vicious actions through the force of Raga-Dvesha. He is Svatantra or independent. It is, as once before stated, the progress of the thinker in man from his present condition of limitedness to the state of the unlimited Self. He
can turn out tremendous work within the twinkling of an eye. Instances like these can be multiplied ad infinitum. A virtuous man suffers, he is starving. But it is not so when the emission occurs during the state of dream. That Karma Yogi or householder who sacrifices his body for a noble cause reaches the same goal that is attained by a Raja Yogi
through Asamprajnata Samadhi, or by a Hatha Yogi through awakening of the Kundalini and taking it to Sahasrara, or by a Vedantin through Sravana, Manana and Nididhyasana. The Atman is Nirvikara. To work without attachment is doubtless a difficult task. He can have Brahmacharya of the body only but not of the mind and heart. He cannot
meditate in the upstairs of a building that is situated in the heart of a city. He is quite at ease. Marriage is a contract in the West, whereas in India it is a sacrament or holy act that is done before the sacred fire. Sometimes a man complains: "God is unjust. It is Maya's great weapon. There will be Pratyavaya Dosha (unpleasant consequences). A
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Brahmin cannot do the duty of a soldier. Attachments will also come in. They will seek separation. It is a mere fragment. You have a free will to choose now. Any action that is best calculated to bring Sreyas (liberation) and Abhyudaya (exaltation) is Dharma. They are heavy smokers who can finish a packet of cigarettes within a few hours. It is sound
Actions should be performed without attachment to action or its fruits. There is no proper equivalent in English for the Sanskrit term 'Dharma'. Ethics will fall down to pieces if there is no freedom for a man. They themselves do not wish to do any kind of Sadhana. Tehri-Garhwal, Uttaranchal, Himalayas, India. Experiences are also without beginning.
He will be peaceful. There is little need for wonder that flesh-eating is one of the most serious causes of the diseases that carry off ninety-nine out of every hundred people that are born." Meat-eating and alcoholism are closely allied. He who is established in the Yoga of equanimity becomes an expert in the science of Karma Yoga. He should
remember the law of causation, the law of causation, the law of action and reaction, and the law of retribution at every moment of his daily life. He always watches his thoughts carefully. These good Samskaras are valuable assets for a man. Morality and duty vary according to circumstances. It develops power of endurance and patience. That is the reason
why I say that this is no sacrifice at all. Selfishness clouds the understanding. This is pompous advertisement for acquiring name and fame. The doctrine of metempsychosis was an essential principle of the Druid faith and was impressed upon the Celts, the Gauls and the Britons. Sivananda Only God I Saw When I surveyed
from Ananda Kutir, Rishikesh, By the side of the Tehri Hills, only God I saw. Dharma gives wealth, satisfaction of desires and liberation in the end. Come out of this cage of flesh. I am not a learned man. Radhakrishnan: An Idealist View of Life. The student, after finishing his duties enters the order of Garhasthya, when he is ready to take up the duties
and responsibilities of the householder's life. He will have his compensation in his next birth. This is not logical and tenable. S. If you want quick spiritual progress, you should never neglect to record everything in your diary. There is no menial work from the highest view-point of the Absolute, from the view-point of Karma Yoga).
Every thought, desire, imagination and sentiment causes reaction. Two young men jumped immediately into the Ganga and saved the girls. True Evolution? Ordinary (Saadharana). Do constant selfless service silently with thoughts of God and Bhava within, and realise the indwelling presence. He who keeps a balanced mind
is a Inani. That is the reason why sensible, intelligent aspirants attempt to have God-realisation. The guest said: 'Sir, my hunger is not satisfied. If you are ailing, you must do Purushartha. It thought within itself: 'There are four guests. Brahma Inana annihilates Agami Karmas (current works) of a Inani as he has no contact with them, that is, he is
untouched or unaffected by his Karmas, like the lotus leaf which is unaffected by the drops of water on it. He is calm and serene. Feel this, feel this! The article on the doctrine of reincarnation contains convincing, cogent, logical, forcible and sound arguments in support of rebirth. He is quite intolerant. It is impossible to be strong and healthy unless
males and females, boys and girls, try their level best to keep up Brahmacharya or the vow of celibacy. Learn to become a multi-millionaire, he may get his next birth in the United States of America. Kill this sense of separateness through Brahma
Bhavana, by developing Advaitic unity of consciousness and by means of selfless service. You will be quite safe if you follow this rule. You must not interpret slavery as duty. You will find that all work, when done with the right mental
attitude or Bhava, will elevate your mind. The musk-deer gives musk. Therefore shun evil company. A Karma or action of moving and purchasing. Lead a life of non-attachment. If you want to achieve this you will have to refine your mind. You will have to refine y
draw inspiration from the leaders in the field. Renounce all attachment. Do not fight for rights. People do not want to remove Mala (impurities) by Nishkamya Karma Yoga. (2) Suffering in the nether region or hell during the period between the death and rebirth here. The poor boy may get his next birth in London as the son of the rich lady according to the rich lady acco
to the law of coincidence. Just as the fish swims against the current, so also he will be able to go against the currents by adjusting himself properly and safeguarding himself through suitable precautionary methods. Even a little of this service delivers one from great fear." Gita: Chapter II-40. The mind must be completely shaved. Self-
justification goes hand in hand with the self-assertive nature. Complete dedication to service is needed. "An action which is ordained, done by one who is undesirous of fruit, devoid of attachment, without love or hate-that is called pure." Gita: Chapter XVIII-23. Sri Sankaracharya, the exponent of Advaita philosophy, a spiritual giant and a brilliant
genius was born in very poor, unfavourable environment and circumstances. The sum-total of these impressions constitutes the character of a man. The inner astral body or Linga Sarira, which consists of nineteen Tattvas, viz., five Jnana Indriyas, five Jnana Ind
physical plane, puts on another physical body and reincarnates. 9. But it is really to satisfy their tongue and palate. I am not pleased with you in any way. I work for Thee alone. It keeps one cheerful. It is all Prarabdha. Hence they suffer. He becomes a slave of passion and gets miseries of all sorts. I obey his words implicitly. He will not seek external
activities, but will do his best with every duty that comes in his way and will begin to show the balanced state of mind which marks the crowning strength and detachment of the soul. That man who is struggling to obtain Moksha will not be affected by the harmful effects of leaving the Nitya and Naimittika Karmas. A Karma Yogi should have a
detailed knowledge of the nature and workings of these Indriyas. To kill a dacoit who murders wayfarers daily is Ahimsa only, Himsa becomes Ahimsa under certain circumstances. Human Svabhava is always like this. Then the Lord praises action and further adds that one cannot keep up even his health if he remains inactive. Your silken waist-thread
and upper-cloth even will be snatched for the use of your grandchildren, when you are on the deathbed. Practice of Brahmacharya, I have given here a short description of the methods by which one can be established in physical and mental celibacy. Free Will Versus Fatalism The
controversy between free will and fatalism is still going on in the West and no one has come to any definite conclusion. He or she does not require any artificial decoration with gold pins, with nose-screws or with any ornament or fashionable dress. This recognition of a real unit does not vary from the cradle to the grave. As all the streams and rivers
flow to rest in the ocean, so all the Ashramas flow to rest in the householder. You can roam about peacefully in any part of the world unattached, like water on the lotus-leaf. He dislikes me." But if there is a really developed Karma Yogi to train the young students, the real Advaita Vedanta begins in the kitchen of an Ashram and ends in the Vasishtha
Guha of the Himalayas. How can I serve you?" Out of curiosity they will be just looking at him from a distance. He becomes dull when he cannot get a whiff of smoke. There are special Dharmas during critical and dangerous circumstances. It is their own Karmas that bring reward and punishment. He will have compensation in his next birth. You have
crossed many peaks and insurmountable summits in the spiritual path by dint of your untiring and patient Sadhana. The parents should be worshipped as visible representatives of God on earth. He who had done vicious actions in his previous birth is born as a wicked man. Have catholic or liberal views. In this case it produces no separate result;
what, if considered as Purushartha, it has a special result of its own. It brings wonderful results. By sublime thoughts, meditation, Japa, worship and Pranayama, the sexual energy can be transmuted into Ojas Sakti and stored up in the brain. There is at first attraction for objects. You must have the one idea of getting Self-realisation through absolute
Brahmacharya. He will say: "I will get so much money. I have no strength to resist temptations, public opinions, criticisms, oppressions, pressures and even assaults. Everybody will do it, though not now, after taking five hundred births. He who robs another man robs himself. Your present life has direct connection with the past and the future. The
fruit of Bhakti Yoga is Jnana. What Is Karma? Only he who has reduced his wants and controlled his Indriyas can do Karma Yoga. Be on the alert when you do service in society. Semen nourishes the physical body, heart and intellect. 9. Even if he becomes a Sannyasin and retires into the cave in the Himalayas he must continue eating, drinking.
answering the calls of nature, sleeping, etc. Serve everyone with Bhava, Prem and full Shraddha. They should remove their weaknesses one by one by applying suitable effective methods. Karma Yoga Better than Renunciation of actions and then also Yoga (of action or Nishkamya
Karma Yoga). If you want to move as a man-beast in the streets of Paris, select the unholy desire. The law of causation is a universal law that keeps up the inner harmony and the logical order of the universe. Even a rank materialist will be induced to realise the glory of the Lord, the Law-giver,
who is hidden in these names and forms. Ch. XII-4 and 10. What is wanted is mental nudity. "Did the blind leading the blind. He removes the things of other people without their knowledge and he is put into jail. Vivekins
eradicate attachment, desires and egoism. Life is evanescent. Mind is a bundle of impressions. He will think and act now in a different way and will change his destiny. A Karma Yogi should not be impulsive. Give up idle talk, long talk, big talk and loose talk. Sex and ego are the products of Avidya or nescience. As the ignorant act from attachment to
action, O Bharata, so should the wise act without attachment, desiring the welfare of the world. Life does not end with the disintegration of this physical body alone. Glory, glory to such exalted Sannyasins, children of Sri Sankara and Dattatreya, the real spiritual kings and spiritual teachers of the three worlds! May their blessings be upon us all! May
the Sannyasins guide and enlighten the people who are sunk hopelessly and deplorably in the mire of Samsara! May the householders get their spiritual instructions with full Bhava and Sraddha and serve the Sannyasins with great care and sincerity! 10. The path of Vedanta or Jnana Yoga is suitable for a man of will or reason. With one strong and
powerful will he abandoned it entirely. The whole mineral kingdom has emerged out of the Jivas and their means and places of support; mineral matter not composing the body of any Jiva is called 'inanimate' or 'inorganic', not because there is no life at all in it-forms the material which goes to make the bodies of the Jivas and their means and places of support; mineral matter not composing the body of any Jiva is called 'inanimate' or 'inorganic', not because there is no life at all in it-forms the material which goes to make the bodies of the Jivas and their means and places of support; mineral matter not composing the body of any Jiva is called 'inanimate' or 'inorganic', not because there is no life at all in it-forms the material which goes to make the bodies of the Jivas and their means and places of support; mineral matter not composing the body of any Jiva is called 'inanimate' or 'inorganic', not because there is no life at all in it-forms the material which goes to make the bodies of the Jivas and their means and places of support is not because the material which goes to make the bodies of the Jivas and their means and places of support is not because the material which goes to make the bodies of the Jivas and their means and places of support is not because the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes to make the bodies of the Jivas and the material which goes the material
it has its very existence in the life of Isvara-but because there is no separate co-ordinating life-principle connecting together the several atoms in harmonious co-operation for serving some common end. If the motive is pure, you will get Divine Grace and purity. Serve the Lord in all. Forget the body. When desire manifests, it goads man to action and
so he commits sins of various sorts. Tell this to the River Yamuna, she will give way to you all. A very pure, subtle, sharp intellect is needed for this purpose. Do not fight with others if their viewpoint differs from you. Then alone take to Nivritti Marga and embrace Sannyasa. This is the secret of my Abhyasa. They like some kind of work and they take
interest in it. According to Yogic science, semen (Suklam or Sukram) exists in a subtle form throughout the whole body. Therefore, dear brothers, exert, conquer nature and rejoice in the eternal Satchidananda Atman. Therefore, dear brothers, exert, conquer nature and rejoice in the eternal Satchidananda Atman. Therefore, dear brothers, exert, conquer nature and rejoice in the eternal Satchidananda Atman.
Some aspirants repaired to Tiruvalluvar and enquired: "O sage, which Ashrama of life is better-Grihastha or Sannyasa?" The sage did not give any answer. This world is Anitya and Mithya. If all the precious metals, all animals, and all beautiful women were to pass into the possession of a man deluded by desire, they would
fail to give him satisfaction. If one keeps an ideal that he cannot realise, an ideal that is beyond his reach and capacity, he will get disappointment. Matted hair is ingeniously glued to the head. Learn to control thoughts and desires. You must talk very little. There is not a single thought of God even in a month. Of all Ashramas, that of the householder
is the highest, as it verily supports the other three. To glorify love there is the existence of hatred. You must not do any work perfunctorily or in a careless, half-hearted manner, without taking any interest. The law runs its own course. The correction of any evil habit is very simple. Some are purely devotional. The chain of cause and effect, antecedent
and consequence, will be broken abruptly. You are morally responsible for this onerous task. The reaction will be of equal force and of a similar nature. They lose their balance of mind guickly. Look at the beauty of the Hindu scriptures and the teachings of the Hindu Rishis and sages! They prescribe various methods for men of various calibre and
capacity. It is needful to discriminate action, to discriminate unlawful action, and to discriminate unlawful action, and to discriminate inaction; mysterious is the path of action. I will place all the preparations in it." The Sadhu replied: "When such is the case with this bowl how can I place the pure Lord in your heart which is filled with various impurities like lust, anger, pride, greed, etc.
The Four Paths Union with God is the goal of this human life. They indulge in all sorts of useless controversies, vain debates and dry, endless discussions. I shall try to explain the terms right and wrong. A man who has a great deal of Ojas in his brain can turn out immense mental work. An African Negro cannot do Agnihotra in his hot country in
summer. He must perform his allotted work. Then only can one get a satisfactory answer and solution. If he thinks: 'I am the doer', he has to enjoy the good and bad fruits of his actions. "Free from attachment, not egoistic, endued with firmness and enthusiasm, unaffected in success and failure, that actor is called pure (Sattvic). An aspirant should be
free from Adhi and Vyadhi (diseases of the mind and the body), if he wants to do Karma Yoga and attain knowledge of the spiritual progress
of the aspirant and destroy serenity of the mind and serious magnanimous attitude. You will notice that this law of compensation is operating beautifully everywhere in the phenomena of Nature. 1. You can change this particular mode of thinking. So he had to take the birth of a deer. Develop passion for Self-realisation. He gave very rich presents to
the priests and to the poor. There is not much difference in sex between a boy and a girl when they are very young. You will lose an opportunity. The practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of Karma Yoga prepares the aspirant for the reception of knowledge of the Self. To practice of knowledge of kn
when he sees a Hindustani eating with both his hands from the same plate with his children. It is beset with countless, motiveless, disinterested workers of the world who are struggling hard to get knowledge of the Self by purifying
their minds, by getting Chitta Suddhi through Nishkama Karma Yoga OM Contents Publishers' Note The nectar-like teachings of His Holiness Sri Swami Sivananda Saraswati, the incomparable saint of the Himalayas, famous in song and legend, are too well-known to the intelligent public as well as to the earnest aspirant of knowledge Divine.
Pythagoras who flourished in the sixth century also taught a doctrine of transmigration; and, curiously enough, prescribed abstinence from the eating of flesh. It has to be bandaged simply with any piece of cloth. They cannot get rid of this evil habit. Look within. Give him my share also.' The guest ate this and yet he remained unsatisfied. An
intelligent man will certainly not put such a question. I am like a piece of straw tossed about hither and thither. He must develop the spirit of patriotism. He practised Pranayama, Khechari Mudra and various Yogic Kriyas. Turn your face resolutely when a little temptation tries to reappear. It is extremely difficult to have a calm and pure mind. This is
Trishna-tantu or the thread of hankering. 10. Thou doest everything. The bliss of Indra and Chakravarti is nothing when compared to that of a Jitendriya Yogi. The business people in the West are the Vaishyas. I have to please my employer. Sooner or later he
is sure to succeed in his well-directed efforts. The present deplorable condition of India is due to lack of right understanding of Maya-Vada. The blood becomes hot. Avail yourself of all opportunities. I will inspire you. Kamya Karmas are performed with a motive of obtaining definite results. Money is wasted enormously on fashion. There is nothing
impossible under the sun. The conscience of the individual speaks in accordance with his tendencies, habits, passions, inclinations, capacity and education. His mind is always resting in God all the while. Mind is so framed that it cannot work without expectation of fruits or anticipation of rewards for actions. The Sannyasin prostrated at her feet and
asked: "O Devi, how did you manage to read my thoughts?" The lady replied: "O Swamiji! I do not know anything of Pranayama or any kind of Yogic Kriya. Who Evolves? A prostitute exists to glorify a chaste Pativrata woman. The law of Karma and justice, if it is true at all, shows unmistakably that there is no real foundation for the notion that there is
evolution going on below the stage of man. The whole Maya is in the kitchen. The canker of worry, greed, passion and hatred has eaten the very core of their hearts. There can be neither an absolutely good action nor an absolutely bad action in this world. This whole Lila of the Lord is kept up by the force of attachment. He is the true actor. "When
the seer perceiveth no agent other than the qualities and knoweth That which is higher than the qualities, he entereth into My nature." Ch. XIV-19. You will have to spiritualise all your actions. He now decides to give up pilfering. They can realise God through service of their husbands. Man wants, after all, very little on this earth-a pair of ordinary
clothes, four slices of bread and a tumbler of cold water. Realise. It is a dreadful enemy of peace. The law of compensation keeps up the balance, and establishes peace, concord, equilibrium, harmony and justice in Nature. Behind reason is the Self who is the director and witness of reason and who is superior to reason. I have become a prey to the
thought of the gallows. He should be absolutely fearless. Desire enshrouds wisdom, just as smoke enshrouds fire. Isvarah sarvabhutanam hriddese arjuna tishthati bhramayan sarvabhutanam hriddese ar
and proclaimed to his disciples: "I have eaten nothing. How is it that a human being is born of a monkey of a monk
Man has certain important duties and responsibilities in life. I cannot find my exclusive dominion anywhere, not even in Mithila and in my own progeny. Money is simply wasted. Without good health you cannot do Asanas and Pranayama. Serve Sadhus, Sannyasins, Bhaktas, the poor and sick people with Bhava, Prem and Bhakti. The Srutis declare:
'Atma vai jaayate putrah-the soul is born as a son.' He must give up all ideas of relationship as wife as soon as a son is born. Real aspirants are benefited. Man clings to tea, coffee, alcohol, tobacco, smoking, cinema, novels, gambling and playing cards through the force of habits. This will bring inertia, stagnation and misery. No one can become a
fatalist. They lead an aimless life and therefore drift hither and thither like a piece of straw. This will enable him to equip himself for the ensuing battle of daily life. A Sannyasin is one who has no body and thereby reach the
blissful abode. Thousands of poor people have become very rich. There are three divisions in each Dhatu. He speaks the truth. To say that one's past doings is as futile and groundless as to say that because one sowed yesterday, one cannot sow fresh seeds in new ground
today. Glory unto sincere struggling souls! 3. He is permanent amidst the impermanent, and imperishable amidst the perishable amidst
50. Pour forth all your energies in the service of humanity, country, etc. Extraordinary (Asaadharana) and 2. 'Karma and Reincarnation' is the title of the fifth chapter. To change the worldly nature it needs rigorous Sadhana. No. This is not contradiction. Morning bath and Sandhya in the three periods of time constitute Nitya Karmas. How can you
help the world when you are yourself weak and ignorant? Man's deeds are as much subject to this law as the events and occurrences in this physical plane. The Adhyatmic meaning or esoteric significance of these instructions is this. The mango tree does Purushartha. Another American lady lived in Lakshman Jhula near Rishikesh fifteen years ago
The embryonic cell sometimes divides itself into two or more cells and sometimes, as in the case of the lower forms of life, becomes associated with new cells drawn from outside. Do not hide anything. He has a different mind altogether. There are experts in Benares who do this for two rupees. I will realise the Self in this very birth, nay, this very
second. According to the Christian faith, the ultimate fate of the righteous is life eternal; of the evil, everlasting fire or eternal damnation. Mind, Prana and Veerya are under one Sambandha (connection or circuit). It has broken the hearts of many. Karma Yoga leads to Bhakti Yoga which in its turn leads to Raja Yoga. Its glory is too great to be
described. I can not get any fruits. It makes the proud man humble. Silly giggling, guffaw or boisterous, indecent and unrefined laughter in a rude manner should be completely avoided. Since then I have been travelling all over the world to find out another Yajna like that. This is my religion. The bees collect honey vigorously from the flowers and get
intoxicated with joy drinking honey. This will not bring bondage. She lived on Bhiksha, led the life of an ascetic and died on the banks of the Ganga. After some years of incessant struggle, fifty actions will become unselfish. It is that condition in which man has a good digestion and a good appetite, normal breathing and pulse, a good quantity and
quality of blood, strong nerves and a calm mind, a sound body, a free movement of bowels, normal state of urine, rosy cheeks, shining face and sparkling eyes. God is the Light of lights. If you have not got your senses under control, you venture to do foolish acts which even children will not dare to do. He returned to the Bania after a
couple of years. It is the law of action and reaction that brings the fruits. This is also called ripe Karma, because it is a debt which is overdue and it is time that it should be paid in the form of sorrow and suffering, gain and loss, to the uttermost farthing, whether we like it or not. "During the last thousand years and more many heart-rending and
humiliating events occurred on the soil of Mother India, devastating the whole land, robbing her sons of their precious jewels and even more precious jewels are precious jewels are precious jewels and even more precious jewels are precious jewels are precious jewels are precious jewels and even more precious jewels are precious jewels are precious jewels are preci
slayeth not, nor is he bound. A man of discrimination is always careful, vigilant and circumspect. The motto should be: 'One thing at a time and that done well is a very good rule as many can tell.' If your Guru or friend asks you to wash a towel, take his clothes also for washing without his knowledge. One man may say: "I will teach the village boys and
will give them free education. A little boy removes a cigarette from his elder brother's pocket and tries a first smoke. Divorce is quite moral in the East. 4. Man determines his own destiny by his thought. In Yoga he is called an Oordhvareta in whom the seminal energy has flown upwards into the brain as Ojas
Shakti. Congenital duty, O son of Kunti, though defective, ought not to be abandoned. They then perceive that the ladder of advancement created by them in their imagination presents a really beautiful as She is, must have brought about the advancement of beings only in the order in which the rungs
of the ladder appear. No one should disturb its equilibrium and interfere with its working. If all people of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will undoubtedly contribute to the peace of the world practise Mauna for two hours daily this will be a second practise Mauna for two hours daily this will be a second practise Mauna for two hours daily this will be a second practise Mauna for two hours daily this will be a second practise Mauna for two hours daily the second practise Mauna for two 
relinquishment, O Kesinishudana." The Blessed Lord said: "Sages have known as renunciation as the renouncing of works with desire; the relinquishment by the wise. Ignorant people waste their whole time in playing cards and in gambling. The Upanishads declare: "Those whose conduct has been good
will quickly attain some good birth, the birth of a Brahmin or a Kshatriya or a Vaishya, when the fruits of their good works have been all exhausted in the Chandraloka or the sphere of the moon. Similarly, the Bhakta gets Jnana. In some people Sattva is predominant; in others Rajas is predominant; and in some others Tamas is predominant
phenomenon and the noble conduct of Vasuki, and were struck with amazement. The results of good Karmas are: (1) Purification of the mind, that is to say, the removal from the mind of its drossness which is the effect of thoughts of narrow selfishness and gross sensuality. The Yogi of Karma Nishtha has the firm, unshakeable conviction that his
Nishtha will lead him to the goal and attainment of supreme bliss. In the Taittiriya Upanishad you will find: Matrudevo bhava, pitrudevo bhava, pitrudevo bhava, pitrudevo bhava, pitrudevo bhava, pitrudevo bhava, pitrudevo bhava. The moral responsibility and liberty of a man are destroyed. You have still to ascend one more peak and go
through one narrow pass. He will not follow his instructions even. Just as a bird necessarily needs two wings for flying up in the sky, so the individual soul also requires both knowledge and action to enable him to attain Moksha or the final beatitude and that neither the one nor the other is sufficient singly for that purpose. Selfishness is the bane of
human life. Just try in a few cases. c. The astral body of one who has this boundless love will shine with magnificent brilliance and lustre. That indefinable mysterious something which brings trials, successes and failures to man, which shapes and moulds him by teaching lessons of various sort, which takes care of him like a mother, which brings
various sort of experiences, which brings cloudy days and days of bright sunshine, which raises a beggar to the level of a landlord and hurls down a mighty potentate to the level of a street-beggar, which gives different kinds of fruits and experiences to two people of equal talents and capacities, which made Napolean at one time a terror in the eyes of
the people and at another time a prisoner, and which makes a certain portion of the life of a man quite stormy and another portion quite smooth, is called fate. It is Atma Jnana alone that can give you unalloyed eternal bliss, supreme peace, highest knowledge and immortality. He wants a light when there is broad daylight." The wives will rebuke their
husbands and fight with them. Determinists say that the will of a man is as much bound by the law of causation as the rest of the phenomena of the universe. May God bless you with inner strength, faith, virtues and the spirit of self-sacrifice. As it supports and holds together it is called Dharma. He begins to do the duties of others as his mind is in a
state of confusion and bewilderment. You must take care to see that you are not rash and impetuous. If I relieve the sufferings of others, I will doubtless get joy. The whole world can be clothed out of the cuttings of the vain, fashionable people. It is that condition in which he can think properly, speak properly and act with
alacrity, nimbleness and vigilance. Even in his dreams he meets his office-mates and the employer, and posts figures in the ledger. God only knows them because He is the Law-giver. In doing Prayaschitta the offender actually suffers, he punishes himself by long fasting and other ordeals as described above. If people fail to show respect and honour to
him he is thrown into a state of fury. They are real, valuable assets for you. You enjoyed several things through me. He should bear insult, disrespect, dishonour, harsh words, censure, infamy, disgrace, heat and cold, and the pain of diseases. "Whosoever at the end abandoneth the body, thinking upon any being, to that being only he goeth, O
Kaunteya, ever to that confirmed by nature." Ch. VIII-6. They become indignant and begin to fight with the man who points out the defects. There was a great sensation in Delhi and Muttra, nay, throughout the United Provinces. "The Karma Yogi, having abandoned the fruit of action, obtains eternal peace or release which comes of wisdom, while, he
who, being prompted by desire, is attached to them, becomes bound." Gita: Chapter V-12. It causes attachment to action. He has got into a narrow, circumscribed circle or groove. Never care for Siddhis or quick awakening of the Kundalini. Or it may recur less frequently and last for a short time. No pain, no gain, I will keep quiet." This is also bad. It
is the root cause of human sufferings. You will have to place each step yourself on the spiritual ladder. Practical Instructions A true Brahmachari only can cultivate Bhakti. Learn the Sastras completely and then act according to their injunctions. Action and Actor "Action performed as duty, without attachment, without love or hate, without desire for
fruit, is called pure (Sattvic). He who relinquishment, obtaineth an action from fear of physical suffering, saying that it is painful, thus performing a passionate relinquishment. He reflected seriously. Such a man is called a pseudo-Karma Yogi. Young aspirants should remain in the company of their Gurus or saints till they
are firmly moulded or established in the spiritual path and in deep meditation. Now is the time or never will it come. It is very difficulties and difficulties in a place, there are two Sattvic souls to bring compensation.
He stands as a witness of these Upadhis and their functions by identifying himself with the pure inner Self or Atman. He was an ideal Karma Yogi. It is perfectly divested of the idea of sacrifice. Say: "Come what may, I will surely come out with perfect success in this spiritual struggle. An open sore is formed in the astral body. The law of compensation
operates in the mental plane also. He tries to follow the example of his superiors. The life of James Ramsay Macdonald is worth mentioning. You can have rapid spiritual progress. There is a hidden power in Karma termed 'Adrishta', which brings in fruits of Karmas for the individual. She never thinks a bit how her husband will be able to manage all
these things. What is good and evil?' he will simply blink. The self, deluded by egoism, thinketh: 'I am the doer.' But he, O mighty-armed, who knoweth the qualities move amidst the qualities move amidst the qualities move amidst the qualities. Therefore practise Pranayama regularly
It is all a question of discipline of the mind. They realised now what true sacrifice was, that it should be free from pride and vanity. You are subject to Pratyavaya Dosha (the sin of omission). Theologians like Julius Muller, Dorner and Edward Beecher have maintained it. Lord Krishna says in the Gita: "They, having enjoyed the spacious heaven world,
their holiness withered, come back to this world of death. Prakriti does all action. Maya havocs through wrong habits, wrong thinking, smoking and meat-eating. Many people get attached to the work. That is the secret and essence of Karma Yoga. Reason out whether this
particular desire towards the particular object will bring maximum happiness and minimum pain. This holds good for all. He has not the least desire for them as he has realised, through Self-knowledge, their impermanent and unreal nature. Those who are thirsty after divine knowledge are bathed by the magnetic currents of a silent Jnani. Some make
beautiful gardens for the use of the public with the idea that they will enjoy such lovely gardens in Svarga. Horrible! Most inhuman! Ahimsa is the greatest of all virtues. I do admit that eradication of egoism, Sankalpas and Ashrama-Bheda is absolutely necessary. How many Pranayamas? But an advanced Yogi who does higher, deep meditation will
have full Brahmacharya even if he does not take physical exercise. They dislike some other kind of work. During the course of one life man does many evil actions. Work is Atma-Pooja. She observed Pativrata Dharma. Many college boys have personally come to me and narrated their pitiable lives. Now, tell me honestly, where is bliss? What virtue are
you developing? Along with it, there is also the widening or expansion of the life within so as to control all the cells together. A drastic form of service is indispensable requisite. Man sows an action or thought and reaps a habit of doing or thinking. The sages declare that the theft of a golden necklace brings Scrofula in the neck in the next birth. A
portion of the mind will be at work, while the rest of the mind will be in the service of the Lord, in meditation, in Japa. Importance of Brahmacharya My dear brothers, the vital energy, the Veerya, which supports your life, which is the Prana of Pranas, which shines in our sparkling eyes, which beams in your shining cheeks, is a great treasure.
Arrogance, impertinence and disobedience are deep-rooted in them. When I sit for meditation after a smoke, I meditate better. If a Vanaprastha wants to take Sannyasa, he can do so. It checks growth and evolution, whereas the doctrine of Karma is an incentive to action to better one's condition. He quenches the thirst of the Jivas in the form of ice
and succulent fruits. Remember that these things can never repair the loss. Poor people exert to achieve greatness, whereas the sons of rich people lead a life of luxury and inertia. A Brahmachari should study religious books till he reaches the age of twenty-five. A life with good health is a great blessing indeed. It softens the hard heart. This stage is
a very high stage. All actions will become worship of the Lord. They consider these works as menial. It is stored up as Ojas Sakti (spiritual energy) and comes back as Amrita or nectar. The Mimamsa school denies the existence of Ishvara, who awards the fruits of works. To speak an untruth to save the life of a Mahatma or one's Guru who has been
unjustly charged by an unjust officer of a state is right. In the Hanuman Ghat, Benares, two girls were in a drowning condition. To serve humanity, God in manifestation, and to think of God, while living in the world amidst various activities is far superior to a cave-life. The Sadhu drank it. Not only is it his short-sightedness that stands in the way butter.
innumerable other difficulties and obstacles hamper the progress onward towards the good. This is another evil. But Buddhism and some Western philosophers teach: 'There is no more retrogression for a man when once he takes a human birth. Some actions might have begun to bear fruits and others not. Because
the mind gets easily excited it will begin to imitate the ways of luxurious persons. It does not matter much how long it takes. If so, does it mean that the fruits of action may go to one who did nothing to merit them? Miss not any opportunity. On the contrary, even a little self-restraint or a little practice of continence is an ideal 'pick-me-up'. There are
some Akhanda Brahmacharis, but they are very rare. When a man feeleth no attachment either for the objects of the senses or for actions, renouncing all formative will, then he is said to be enthroned in Yoga." Ch. VI-3 and 4. Give him hot milk or tea or coffee. Let me also do some sacrifice in the fulfilment of the pure Sankalpa of my husband. He
came back to his senses after fifteen minutes. They say: "What is the use of our exertion? Lawful (Vidhi). You need not retire to Himalayan caves and forests. There are only dry discussions and meaningless fights over the non-essentials of various religions. Thy will be done. His first job was addressing envelopes for ten shillings a week. The
Upanishads also echo the same idea: Uttishthata Jagrata Prapya Varan Nibodhata. The force of Karma Yoga will induce you to work more and more with great zeal and enthusiasm. Glory be unto Thee, O Mahadeva (God of gods)! O Sambho (bestower of happiness). So one has to do Karma Yoga first
ceaselessly and untiringly, and develop all noble qualities such as cosmic love, endurance, nobility and Brahmacharya, and thus equip himself for the great ensuing battle royal, and finally come out the victor. No Loss in Karma Yoga You do not lose anything in Karma Yoga. I see only gallows everywhere. That abode which is gained by those practising
Sankhya is reached by the Yogis also." "He seeth who seeth that the Sankhya and Yoga are one. There may be a divine call upon you for certain work. Dr. M. Mala is removed through Nishkamya Karma Yoga; Vikshepa by means of Upasana (worship); and Avarana by means of Study of Vedantic literature and Jnana. O Lord, give me light, knowledge
and purity. Every student in the Gurukula had perfect moral training. Here is a cup of milk for you. Generally one strong and powerful Karma determines the birth of an individual and keeps up the current of life of that particular birth. The doctrine of Karma only can explain the mysterious problem of good and evil in this world. Nowhere have I been
able to convert the other half of my body into gold. It is through His power that you see, hear and talk. Make all actions, take refuge in Me; by My Grace thou obtaineth the eternal indestructible abode. Many old vicious habits will have to be rent asunder.
It is chill penury that turns the mind of a man towards God. This man may fight with another Sadhu for his share when a pilgrim distributes an eight-anna piece to them. If the character is pure and strong, the will also will be pure and strong, and vice versa. What is the state of your mind when you attend the Satsang of Swami Jayendrapuriji Maharaji
at Benares on the bank of Ganges, or when you study the soul-elevating classical Upanishads? By indulgence they flame up like sacrificial fire with ghee poured into it. This 'I' exists continuously without interruption. Therefore, it is very difficult to be eradicated or conquered. Live to serve others. This world is peculiar. What evil quality are you trying
to eradicate? He should be chaste in thought, word and deed." Then comes the stage of the householder. Persistently he will repeat his efforts, until by slow degrees he finds that he is beginning to care little for retards (or falls) while he has lost no whit of his energy and painstaking in his actions. The character of an individual is subject to the law of
action and reaction. Karma Yoga gives Chitta Suddhi. She has asked me to wait. Dark arrows shoot from the astral body. Feel that you are only Nimitta (instrument) in the hands of God, or a Sakshi of Prakriti's activities, when you do Karma Yoga. In fact, they have in general ignored the necessity, nay, even the possibility, of the continuing presence
of the subsisting reality and have only directed attention to some stations on the road of evolution without caring to know whether there is anyone journeying along the road, and if so, who he is going on. She has to attend to his wants. It brings in Advaitic realisation of oneness or unity or identity in the end. Unless the whole truth is
grasped with regard to this doctrine, it will always prove a source of confusion and cause a great deal of harm. Have you recognised, my dear brothers, the true significance and glory of Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya? Vedantins explain this Sloka as follows: 'Give up Jiva-bhavana and take up Brahmacharya. The take up Jiva-bhavana and take up Brahmacharya.
knows that he is bound and that he is bound and that he is encased in this tabernacle of flesh. These Doshas cling to their minds just as the old salt dung to the troughts and feelings. Psychologists and occultists can very well understand the truth of this statement. This is Jnanagni (fire of wisdom) which burns
all the fruits of actions. You must not allow a desire to overrule the thought. How many Gita Slokas did you read or get by heart? It induces terrible fear in the people. Jnana is knowledge of objects. The present work, Practice of Karma Yoga, coming as it does, from the inspired and enlightened pen of Swami Sivanandaji, is, as usual, a safe and sound
guide to reach the goal in view of the aspirant. Eradicate all the desires and impurities of the mind. They are moved by Prana. Will strongly: "I will give up this intolerable habit this very second." You will succeed. Thus evolution and involution can be, strictly speaking, postulated only of the thinker. Take a vow. The moment your egoism comes in,
there will be immediate blocking of the free flow of the divine energy. The scoundrel can become a saint, the prostitute can become a chaste lady, a beggar can become a king. Just go and see My humble devotee, the wood-cutter, who lives in a small hut on the banks of the Vaighai, and who offers to Me a little Kheer made of broken rice and a little
black sugar on Mondays. There is no ideal in the life of the householder. You may realise the ideal this moment or after ten years with faltering steps. Have the mind firmly rooted in the Self amidst all activities. That is the reason why he fights with people all around and cannot keep up friendship with others for a long time. Character produces will.
Fashion increases and excites passion. Discipline the Indriyas. This is the secret of her workings. If you adopt the path of Jnana, feel that you are a silent Sakshi (witness) and that Prakriti does everything. It is not Yoga or worship. Males are more rational. This only glorifies the exalted state of the Jnani. There is a peculiar joy and Ananda in the
practice of vigorous Karma Yoga. What you get from outside is a simple suggestion or external stimulus. It is the only key to open the Sushumna and awaken the Kundalini. Rest awhile on this seat. You have created certain things. Repeat mentally or silently or with the breath the Name of the Lord, such as 'Hari Om', 'Sri Ram' or your own Ishta
Mantra or Guru Mantra, even while you work in the office. He is unchanging amidst the changing phenomena. They can do wonders now also. Serve your parents, brothers and sisters, the Sadhus, Sannyasins, Bhaktas, Mahatmas and your spiritual teachers with devotion and a full heart. To sum up in a nutshell: there are three kinds of Karmas, viz.,
the Sanchita or accumulated ones, the Prarabdha or the fructiferous, and the Agami or current actions. A medical officer of a hospital used all sorts of abusive terms while he was in a dying condition. This physical body is formed out of the Tanmatras. Do not perform any act that brings shame and fear. And that is the root cause
why they do not make any headway at all in their meditation in solitude. This is still more difficult to be eradicated. Nitya Sukha and Parama Santi can be had only in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly. Wake up now from the deep slumber of ignorance. Sin Is a Mistake Only in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly. Wake up now from the deep slumber of ignorance. Sin Is a Mistake Only in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly. Wake up now from the deep slumber of ignorance in the house. He had to wait quietly in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly in God. He will be having various anxieties and Moha for children if he remains in the house. He had to wait quietly in God. He will be having various anxieties and Moha for children in the house. He had to wait quietly in God. He will be having various anxieties and Moha for children in the house in 
The ignorant man only says: "I am a great sinner." This is a serious mistake. I am an Udaseena. Seek the company of sages and devotees. Is the Lord blowing hot and cold with the same breath? Their power of discrimination (Viveka) has been lost owing to sexual excitement and lustful intoxication. He who gives the handle of a sharp knife to another
to hold, holding the sharp blade himself does real service. Give up bad company and always enjoy Satsanga or the company of learned Sadhus and Mahatmas. Then you will be able to work for the well-being of the world (Lokasangraha). Acts of sacrifice, gift and austerity should not be relinquished, but should be performed; sacrifice, gift and also
austerity are the purifiers of the intelligent. This brings on bondage. A soldier needs meat to keep up his strength and martial spirit. Character develops into destiny. Even a leaf cannot move without Thee. On account of sheer ignorance and Abhimana you have totally forgotten Him. And if he does that, will not the same judge be arraigned before a
superior court having knowingly abetted the suicide of B? There is supreme, eternal, infinite bliss in the Atman within. There is physical and mental lethargy. They should be endowed with ethical perfection. He can influence the people by speaking a few words. Non-Vivekins think that they are the agents of all actions. The sister of ill-fame wants to
get more customers by putting on fashionable dress. There is in the mind a gummy substance which is like a mixture of castor oil, glue, mucilage, gum-arabic, gluten paste, honey, glycerine, jack-fruit juice and all other pasty substances of this world. But there is heat in accordance with the law of compensation. I will offer my body to them." It
dropped itself into the fire below and got roasted. Works are extinguished either by expiatory ceremonies (Prayaschitta) or by the knowledge of the Self or Brahman, or by the physical universe outside enter the mind of a man and
produce various influences. It solves our difficulties and problems of life. In conclusion I wish to point out once more that man is a free agent. Death is like sleeping in the burial ground, birth is like waking in the morning. This path can make you a King of kings. You must achieve this at any cost. Then only does he gain freedom from action. It arouses
the emotions and sentiments of the readers. One of the students of Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of Ayurveda and asked him: "O Bhagavan, kindly let me know the secret of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course of health now." Dhanvantari approached his teacher after finishing his full course his full co
produce a kind of crust or dark layer on the surface of the mind or astral body. Karma means work or action. I am a doctor. They are like the ocean. It gives inner strength and peace of mind. They have not got the heart to go and serve him or even to speak a few kind and encouraging words at a critical juncture, when his life is trembling in the
balance! How can they expect to have Darshan of that all-merciful Hari when they have hearts made of flint? The habit manifests as character. This energy can be utilised for divine contemplation and spiritual pursuits. Then the whole world can be reformed. O fashionable man! O fashionable man! O ye slayers of the inner Atman! Why do you waste
your time, energy and life in vanity, in running after fashionable dress. Sri Sankara, the greatest philosopher and genius the world has ever produced was born in a very poor family. Therefore the attachment is very strong. Are you ready to give up all possessions, including your body and life? Darkness, delusion, stagnation, heedlessness-these are
born of the increase of inertia. This particular branch of philosophy, therefore, includes topics like sensations, perceptions, consciousness, pains and pleasures, moralities of life, moral depravities of life, moral depravities, building of the body and all factors of the individuality. It is full of thorns. Develop Sattvic qualities. Your motive should be pure. A recluse in forests will
have to test his real, inner strength by occasional visits to the plains and service of humanity. The real Indriyas are in the astral body (Linga-Sarira). Tall talk and idle gossiping will not do, my dear friends. You need not be discouraged. "By perceiving the impressions, comes the knowledge of past life." All experiences that you have had in various
births remain in the form of impressions or residual potencies in the Chitta or subconscious mind. If you are a Bhakta (devotee), feel you are a Bhakta or instrument in the hands of God. He is careful in his speech. John the
Baptist was to them a second Elijah. He who talks much, thinks little and does little. You cannot shine unless you remove them thoroughly. The present is only a fragment of infinity. Aniccha Prarabdha is common to Vivekins and non-Vivekins. Mind and Prana have affinity for each other like milk and water. The Brahmana and Kshatriya have claimed
their privileges ardently and have shrunk from the heavy burden belonging to their castes. Savitri changed the destiny of her husband Satyavan through the power of her Pativrata Dharma. They should be dedicated to the Supreme by removing the idea of agency therein.' According to Madhva it means: 'Fruit of action-renunciation of fruit in action.
According to Tilak it means: 'Various duties like those of non-violence, truth, service of parents and preceptors, sacrifice, charity, renunciation, etc.' The passage means that Arjuna is to avoid the tangle of these duties and take refuge in the Supreme. I worship him. Avidya (ignorance), Kama (desire), and Karma (selfish action) are the three Granthis
or knots which bind a man to the wheel of Samsara. By SriSwami Sivananda A DIVINE LIFE SOCIETY PUBLICATION Sixth Edition: 1995 (4,000 Copies) World Wide Web (WWW) Edition: 2001 WWW site: This WWW reprint is for free distribution © The Divine Life Trust Society ISBN 81-7052-014-2 Published By THE DIVINE LIFE SOCIETY P.O.
Shivanandanagar-249 192 Distt. A Karma Yogi offers to the Lord as an oblation (Isvara Pranidhana) whatever he does through the Karma Indriyas (organs of action). The whole gist of Sadachara or right conduct is found here. This is the law of action and reaction. A gentleman or a lady can have divorce of his wife or her husband very easily in the
West. If you do not want death, give up life in the sensual plane. Memory in its own turn leads to fresh actions and fresh impressions. Feel and think that you breathe, live and work for God alone every second of your life, and that, without Him, life is absolutely useless. Jnana Dev of Alandi, Poona, a great Yogi, was a Bhakta of Lord Krishna. In prayer
and fasting, in praise and meditation, In Japa and Asana, in Tratak and concentration, only God I saw. This is the fundamental cause for the downfall of man. It is an unseen form which an action assumes between the time of its performance and the time when its results become manifested. They convalesce very quickly. He asked the wood-cutter:
"How do you worship Lord Siva?" The man replied in a meek voice: "O king! I earn two annas a day. They were starving for days together. The man has become a slave now. This is not Karma Yoga. 27. It invigorates the mind and the nerves. Practise celibacy or moderation. Fashion: A Terrible Curse This subject is not foreign to Karma Yoga. Raga
Dvesha are great obstacles in the spiritual path. Spiritual relationship is quite different. Collect all your scattered thoughts and apply your full mind to the work on hand. I am omnipotent. Do as you would be done by." He who has rightly understood this law, can never do any harm to anybody. Two young men jumped immediately into the Ganga and
rescued them. They were drinking water again and again. "Awake, arise, and, having approached a learned teacher, learn." (Katha Upanishad). 10. You cannot evolve if you take this attitude of mind. The Lord of the world produceth not the idea of agency, nor actions, nor the union together of action and its fruit; nature however, manifesteth. It fills
the mind with worldly taints. He should think that He works to carry out the Divine Will in the grand plan or scheme of things. Take your food.' He gave his portion of the food to the guest. You will have to stick doggedly to your ideals, convictions and Sadhana despite repeated failures, and march boldly on the path. He must perform the
duties of his Varnashrama. There are encouragements for the struggling soul that come from within
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