





many children is also not a great achievement. All these actions, animals also perform very well. Real accomplishments are achieved in field of dharma and moksha. Life of a sensualist is a useless one. He does not contribute anything to society. Many animals are useful alive and even in death. Humans while living are useless and so are they even after death. Life is useful only when I share and thus get Dharma and Moksha.

Shloka # 17:

आत्मैवात्मनो भक्त्या संतुष्टो भक्त्या संतुष्टो भक्त्या संतुष्टो

आत्मैवात्मनो भक्त्या संतुष्टो भक्त्या संतुष्टो भक्त्या संतुष्टो 3.17

For the man who delights solely in the Self, who is content with the Self, who finds satisfaction alone in the Self, there is no duty to perform.

In following two verses Sri Krishna talks of the benefits of Karma Yoga. Karma Yoga is not an end in itself. It is not an ultimate Sadhana. It cannot give us liberation or self-knowledge. Yet, at the same time, it is extremely important in beginning stages as it alone can give purity of mind. Karma Yoga will not lead to Moksha. After contributing to society and purifying the mind one has to go from Karma Yoga to Self-enquiry. Our problem now is self-ignorance, hence, we have to withdraw.

Follow karma yoga; purify the mind and grow out of karma yoga and go to the next stage of spiritual sadhana; it is like a child entering the womb of the mother and for nine months the child remains in the womb and then comes out. If it stays in the womb longer, it becomes a problem for both mother and child. In the same manner karma yoga is like the womb to purify the mind during Brahmacharya and Grihastha ashrama and later one goes to Vanaprastha and Sanyasa ashrama or grows out of activity. After Karma Yoga or purification of mind one grows out

of activity and begins Nivriti or withdrawal. He starts asking who am I? What is life? What is my nature? Why this human struggle? Then, in Gyana yoga via Sravanam, Mananam and Nidhidhyasanam discovers the real I. Discovery of complete Self is Gyana Yoga. Only then struggle of life will be over. Consider the example of Puri in oil. It runs around in oil until it fluffs up. Once the Puri is full blown it is Poornathvam. Gyana is incomplete without Karma yoga. Without Karma Yoga, Gyana Yoga is not possible.

Sri Krishna now discusses the essence of Gyana Yoga.

Dayananda Saraswathi used to say:” Problem is you. Solution is you too.”

Changing things outside is not going to help. Everything is inside us. This intelligent person comes to self-enquiry. He then makes the pleasant discovery that whatever I am seeking, I am it. Security, peace, and all basic needs of life are all in me. What is his nature? So, previously he was happy because of external conditions, after self-knowledge, he is happy, not because of external factors, he is happy because that is his very nature. He has discovered himself as the infinite. Even people who are number # 1 in their field, if you ask them, even they will tell you they want to exceed even more. In self-knowledge this problem is not there anymore. He is self-sufficient. He is not dependent on outside sources. There is no struggle. Whatever he does is out of fulfillment. Most of us act out of a need for fulfillment.

At present, I am incomplete. My action is not enjoyable. There is tension, there is anxiety, and this is Samsara. Action out of fulfillment (poornathvam) is like bathroom singing or is also called Lela. For a Gyani everything is a Leela or action out of fulfillment.

Shloka # 18:

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3.19

Therefore, unattached, always do the work that has to be done; for doing work with detachment, man attains the Supreme.

Sri Krishna tells Arjuna “ Arjuna, you must have emotional independence. It can only happen by Self-discovery. Independence requires self-knowledge. Self-knowledge requires freedom from Raga and Dvesha (happiness or unhappiness with the external world).

Misunderstood I is source of unhappiness. Understood “I” is source of happiness. Until I recognize this there will be delusion. This delusion goes away through Karma Yoga.

The path is:

Karma Yoga: Purification of mind

Gyana Yoga: Discover Self sufficiency and Be Free.

Sri Krishna says, Arjuna, start following Karma Yoga right now, by following your duty. Here Arjuna’s Karyam is to live in the present doing what he has to, without anxiety of the future or brooding over the past. If you keep doing what you have to, with a healthy attitude, you will ultimately attain Moksha. So, Arjuna, go and fight, do your duty.

Take away from the class:

Swamiji reminded us, again and again, that the essence of Karma yoga is giving. All of us need to give more than we take.

With Best Wishes,

Ram Ramaswamy