

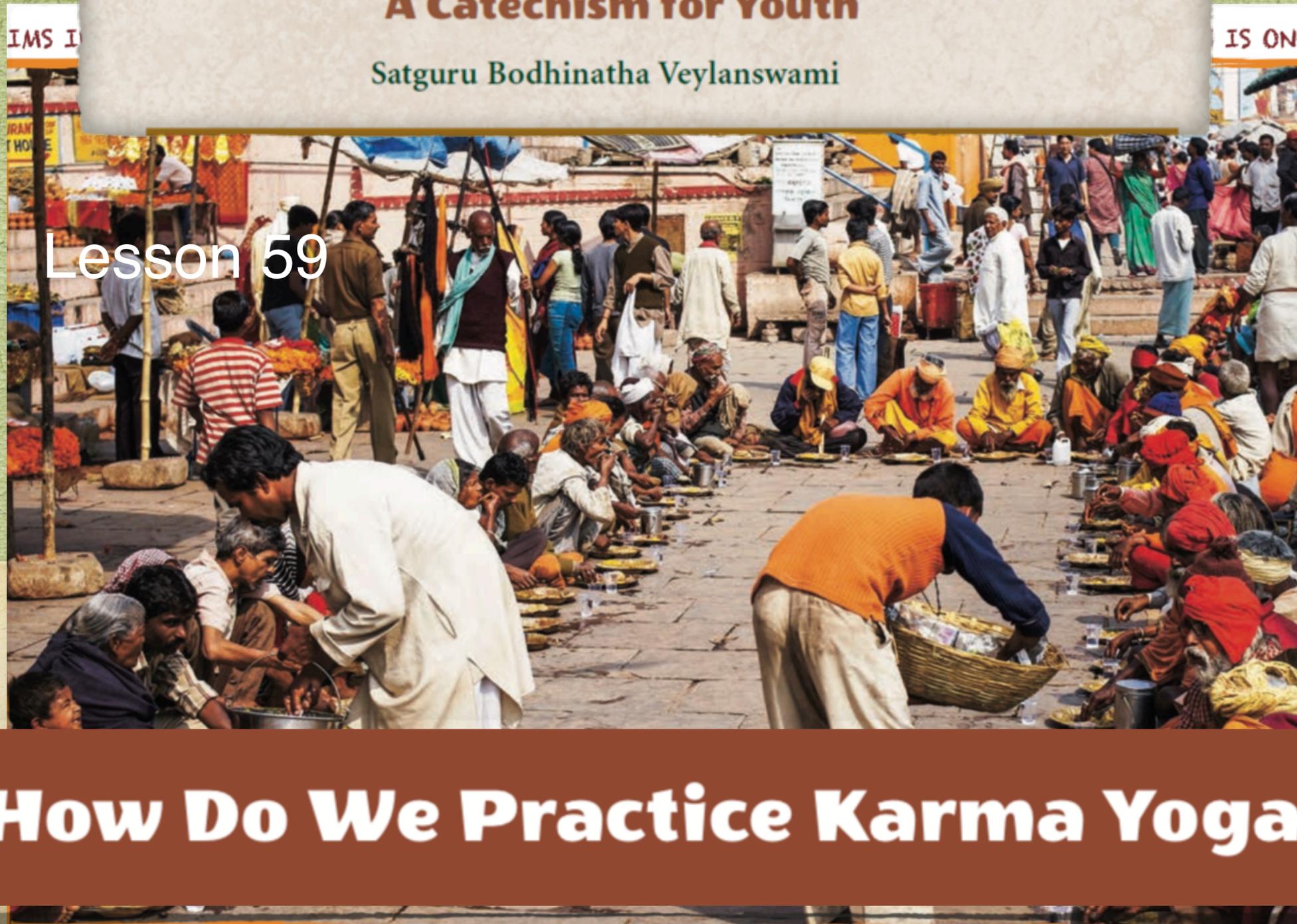
Path to Siva

A Catechism for Youth

Satguru Bodhinatha Veylanswami

Lesson 59

How Do We Practice Karma Yoga?



Karma Yoga



Karma yoga is selfless service, or seva .

It often takes the form of volunteer work at a temple— helping with the basic needs and events, like polishing the brass lamps, answering the phone, making garlands and preparing for pujas.

Karma yoga builds good character

This humble service helps establish good character.

The effort to do good deeds can be extended into other areas as well, such as the workplace and the home, quietly and willingly helping others, without complaint and without expecting thanks.



The karma yogi reaps hidden blessings

Such service reaps hidden blessings. In its broadest sense, karma yoga is spiritualized action.

It is doing each and every task consciously, selflessly, excellently, as an offering to the Divine.



Satguru Sivayogaswami says...

Satguru Yogaswami advised devotees,

“Whatever work you have to do, do it well. That in itself is yoga.”



Karma Yoga is a powerful sadhana

Work done in this spirit is a form of worship.

Doing our ordinary daily duties becomes a powerful sadhana that contributes to our spiritual progress.

This yoga makes us more focused, effective and fulfilled.

It eliminates the false separation of secular work from religious practice.



Swami Vivekananda's advice...

Swami Vivekananda counseled, "When you are doing any work, do not think of anything beyond."

Do it as worship, as the highest worship, and devote your whole life to it for the time being."



Keys turning work into worship (1)

Here are some keys to successfully turning work into worship:

- 1) Pray to Lord Ganesha before beginning your work.
- 2) Act selflessly, detached from the results. Focus on serving, helping, giving.
- 3) Work hard:



Keys turning work into worship (2)

4) Maintain harmony with others.

5) Enjoy the effort; don't feel rushed.

6) Make the work a worthy offering, completing it as perfectly as you can. Then stop, review what you have done and make it even better.

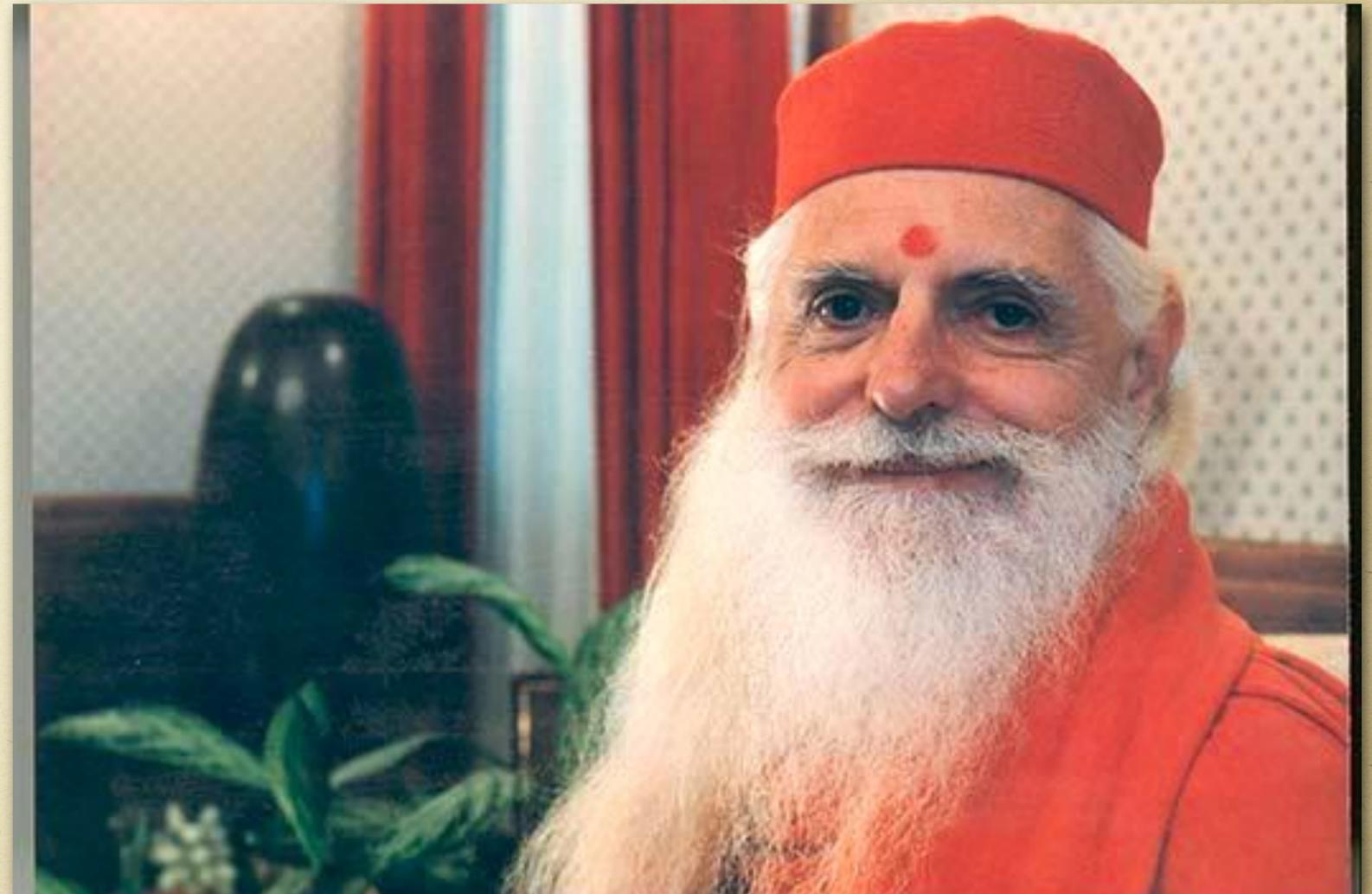


Gurudeva says ...

Go out into the world this week and let your light shine through your kind thoughts, but let each thought manifest itself in a physical deed, of doing something for someone else.

Lift their burdens just a little bit and, unknowingly perhaps, you may lift something that is burdening your mind.

You erase and wipe clean the mirror of your own mind through helping another. We call this karma yoga.



QUESTIONS for Lesson 59



59.1 Karma yoga
(Check the incorrect answer)

- A. Is the path of meditation
- B. Is selfless service
- C. Is seva

59.2 It often takes the form of volunteer work at home and can be extended into other areas as well such as the workplace and the temple.

- True
- False

59.3 The spirit of karma yoga is to quietly and willingly help others, without complaint and without expecting thanks.

- True
- False

59.4 In its broadest sense, karma yoga is
(Check the incorrect answer)

- A. Spiritualized action
- B. Volunteer work at a temple
- C. Doing each and every task consciously, selflessly, excellently
- D. Doing each task as an offering to the Divine

59.5 One key to successfully turning work into worship is to work hard, overcoming lethargy, fatigue, confusion and doubt.

- True
- False