



## The Art And Science Of Karma

The art and science of engaging in *karma* without being bound by *karma* is the central theme of Srimad Bhagavad Gita. “*Yogah Karmasu Kaushalam* – Yoga is skill in action” [Gita 2.50] is the unique definition of Yoga that liberates. “*Tam Vidyaad Duhkhasamyogaviyogam Yogasamjnitam* – That which brings about a disconnection of the soul from its condition of being connected with pain should be known as Yoga.” [Gita 6.23]

If your mind is agitated, is restless it will be impossible for you to be in a state of *karma-kaushalam* (skill in action). Therefore, He said: “*Samatvam Yoga Uchyate* – Equanimity of mind is Yoga.” [Gita 2.48] *Samatva* (equanimity) is indispensable, if there should be the steady shining of the Light of an awakened consciousness, as an unflickering flame of lamp where there is no wind. How can there be such steady awareness, if the mind is always flickering, agitated, in a state of restlessness?

The feverish desire for the fruit of action catches a person in the net of delusion. If it is motivated by desire to acquire anything, the action is selfish. One is always agitated to acquire anything. Therefore, “*Karmanyevaadhikaaraste Maa Phaleshu Kadaachana* – You have right to action, never to the fruit thereof”. [Gita 2.47] Thus, “*Yudhyaswa Vigatajwarah* – freed from desire and craving, calmly centred in the Self, in a state of inner balance, act”. [Gita 3.30] Then the action will not bind you. The *karma-yogi* requires this state of awareness of *samatva*, of *karma-kaushalam* and freedom from personal desire or gain, freedom from craving for sense experience. That is the heart of *Karma Yoga*.

A soldier does not fight to win the battle. That is the business of the General. He fights as his duty. He fulfils his role, his assignment. That should be the consciousness of the *jivatma* in the field of worldly activity. You fulfil the function for which God has made you. He will look after the rest of it. “*Kripanaah Phalahetavah* – Wretched are they whose motive is the fruit”. [Gita 2.49] Never think of fruits. Do not hanker after fruits or results. The result is bound to follow. No power on earth can deprive you of what you have deserved. Be assured of that. Engage in right *karma*. Be up and doing with a state of inner balance, absolute calmness, with skill, with awareness. Act and ever keep linked within with the Cosmic Being. Always be rooted in the Divine even in the midst of action. That is the secret of success.

May God Bless You All!

■ *Swami Chidananda*