

The Science of Upanishads – Part 34: Karma Marga (or Karma Yoga) To Attain Moksha

(November 8-November 14)

Karma Marga or Karma Yoga (Path of Action or Work) is the practice of selfless action performed for the benefit of others. Karma Yoga is a path to reach Moksha (liberation) through work. It is the rightful action without being attached to the fruits of action or without being manipulated by what the results might be, a dedication to one's duty, and trying one's best while being neutral to rewards or outcomes such as success or failure. **In Bhagavadgita (Chapter 2, Verse 47), Lord Krishna succinctly described Karma Yoga to Arjuna:**

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ २-४७

(You have only the right to work but never to its fruits. Let not the fruits of action be your motive, nor let yourselves be attached to inaction).

A Karma yogi acts and does his or her duty, whether that be as a homemaker, mother, nurse, carpenter or garbage collector, with no thought for one's own fame, privilege or financial reward, but simply as a dedication to the Lord. Non-attachment brings freedom from sorrow and fear. It makes a man absolutely bold and fearless. When he dedicates his actions at the Lotus Feet of the Lord, he develops devotion to God and approaches Him nearer and nearer. He gradually feels that God works directly through his Indriyas (organs or instruments). He feels no strain nor burden in discharge of his works. He is quite at ease.

A Karma Yogi should be absolutely free from lust, greed, anger and egoism. He should be humble and free from hatred, jealousy, harshness, etc. He should always speak sweet words. A proud and jealous man, who expects respect and honour from others, cannot serve others. A Karma Yogi should have an amiable, loving social nature. He should be able to move and mix with everybody without distinction of caste, creed or color. **He should have perfect adaptability, tolerance, sympathy, cosmic love and mercy. He should be able to adjust with the habits and ways of others. He should have an all-embracing and an all-inclusive heart. He should always have a cool and balanced mind.**

By doing selfless service one purifies one's heart. Egoism, hatred, jealousy, ideas of superiority and all negative qualities will vanish. **One will develop humility, pure love, sympathy, tolerance and mercy.** Sense of separateness will be annihilated. Selfishness will be eradicated. One will get a broad and liberal outlook on life. **Eventually One will realize One in All and All in One.**

[Read Here for More on Karma Marga \(Karma Yoga\)](#)