

OPEN FORUM WORKSHEET ON KARMA YOGA

Vedanta Center of Atlanta

Br. Shankara

July 31, 2022

WELCOME • OPENING CHANT

July is a month for study of Karma Yoga, a spiritual path leading to the abandonment of selfishness. As a karma yogi, you practice offering your actions and their results, as well as your perceptions, thoughts, and feelings to the Divine Presence.

In many Ramakrishna Mission centers, this prayer is chanted by the congregation, in unison, at the end of a puja's homa fire ceremony:

"No matter what I may have done, said or thought, in waking, dreaming or dreamless sleep, with my mind, my tongue, my hands or my other members, may all that be an offering to the Divine Presence."

Even before fully knowing this Presence, you hold firmly to the belief that the Presence *is within* each person or other living being that you interact with or serve. Working and abiding in this spirit, you are increasingly able to release attachment to your activities and their results. This yields the freedom and contentment promised by Karma Yoga.

"Even a little practice of this yoga will save you from the terrible wheel of rebirth and death ..." — Sri Krishna, Bhagavad Gita, Ch. 2

Swami Vivekananda —

"We are responsible for what we are; and whatever we wish ourselves to be, we have the power to make ourselves. If what we are now has been the result of our own past actions, it certainly follows that whatever we wish to be in future can be produced by our present actions; so we have to know how to act. ...

"You must remember that all work is simply to bring out the power of the mind which is already there, to wake up the soul. The power is inside every man, so is knowing; the different works are like blows to bring them out, to cause these giants to wake up."

Walt Whitman —

"O while I live, to be the ruler of life, not a slave, to meet life as a powerful conqueror, and nothing exterior to me will ever take command of me."

Sri Krishna —

"You have the right to work, but for work's sake only. You have no right to the fruits of work. Desire for the fruits of work must never be your motive in working."

"I'll do it with laughter and do it with tears ..." — *Bob Dylan*

CLOSING CHANT