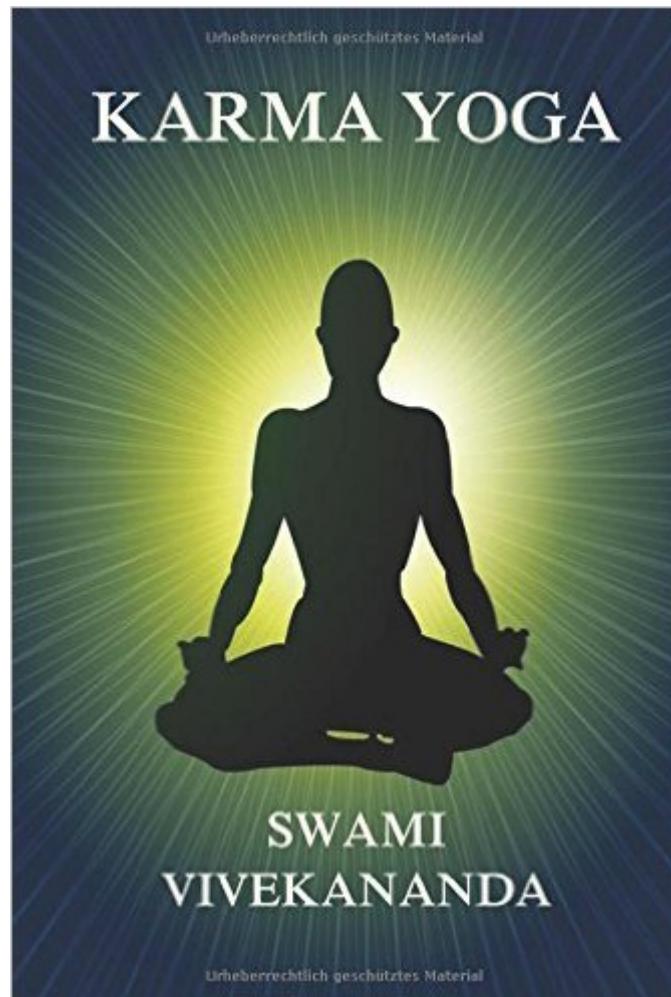


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# Karma Yoga



## **Synopsis**

The goal of life is really knowledge, of the reality of things. We are apt to think that it is pleasure, and seeking pleasure in sense-gratification, we meet with so many disappointments and sorrows that we sometimes almost despair and are led to believe that all life is a vain dream with no sure foundation anywhere. It is an endless chain of cause and effect in which we are involved, and from which only knowledge of how to act without producing reaction can ever free us. Karma Yoga is meant to teach us exactly this, to make clear to us first the causes of our bondage, and secondly the method of getting rid of the causes and to avoid the effects.

## **Book Information**

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## **Customer Reviews**

'Karma Yoga' shows that we can attain the so called self-realization through just sheer hard work. You need not go to the mountains and meditate to attain self-realization, just by proper attitude and hard work one can achieve this. Reading this book alone is not enough, unless one follows what is said in the book, it will be difficult to appreciate the contents. Though it is a small, concise and easy-to-read book, the reader should have some sort of background on ancient Hindu Scriptures, otherwise certain sections of 'Karma Yoga' may be difficult to comprehend.

Karma is sanskrit for action. The law of cause and effect pervades everything in the manifested, material world. How to live this life without attachment - how to do good without expecting anything in return? Everything goes around and comes back - again and again. We receive the effect of a cause, and the effect becomes cause in the next circle, coming back as the new effect. Vicious

circle. This is where renunciation comes in, as the door out of the circle. Read it before, in 1970 - it helped me change my life.

Karma yoga is a great concept and when explained by Swami Vivekananda it becomes even more easy. There a lot of concepts of Karma Yoga that can be put into practice by doing things a little differently or thinking a little differently about Karma or the work. Work is worship if a feeling that can be developed by reading this book.

His books are such that they need to be read over and over again a few times before it all sinks in. Perhaps then I might give it a five, simply because for now I don't know any better. When I know and understand more, and can act on these things, then perhaps I would give it a five, although there is always the chance when I know more it would stay a three. Life is a mystery.

Very engaging and intellectually stimulating. Helps build a mental model and shifts the paradigm as it relates to work attitude and reward motivations. It shows the way and encourages the reader to explore more through practice and experimentation. Does not provide any recipe or checklist if that is what one is interested in. Having the foundational knowledge of Bhagavadgita helps to better appreciate this book.

While this book is full of great knowledge and extremely well written, these teachings I realize are very difficult to follow. Although reading the book reaffirmed many ideals to live by, I still have missed the main point, that is why only 3 stars. The main point of Karma Yoga is do incessant and selfless work. But what is the work? I read the book and several chapters over again and do not understand what is meant by "work". I have and need a job and work incessantly at my job. It states not to work for any gains, such as money, but I need to pay my bills. So this "work" doesn't count? Maybe someone can give me a clearer answer.

It's a wonderful book, but the edition seems to have some pages mixed up, between pages 83 and 90. otherwise, a beautiful account of what is karma yoga and how to practice detachment.

Very practical, even though written many years ago. Helped me to look at life and work in right perspective. Must read for every leader in any walks of life.

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