

# Importance, Characteristics and Types of Karma

## Preface

Karma is the essence of human life. Knowing the importance and peculiarities of karma changes our attitude towards karma and we get exposed to a new dimension to perform it. With this perspective, various aspects of karma such as the importance of karma, the importance of factors necessary for success of karma, maintaining uninterrupted flow of karma, mind being the originator of karma (which takes place through the medium of mind, speech and body), birth of mankind being dependent on karma of past births etc., have been elaborated in this text. Information on *vihit* (Prescribed) and *nishiddha* (Prohibited) karma, *nitya* (Day-to-day) and *naimittik* (Occasional) karma, karma as per the class system, swadharna-karma (Karma as per an individual's duty according to system of class), *sāttvik* (Sattva-predominant), *rājasik* (Raja-predominant) and *tāmasik* (Tama-predominant) karma etc., besides resulting in the study of various aspects of karma, will also bring to notice their effect on life.

When compared with *Dnyānyoga* (Path of Knowledge) and *Bhaktiyoga* (Path of Devotion), *Karmayoga* is associated more with practical life. We pray at the Holy feet of Shrī Guru that by practising *Karmayoga*, let the desire to evolve spiritually develop in the seekers. – **Compilers**

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(An asterisk [\*] sign has been placed alongside important points)

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