

Importance, Characteristics and Types of Karma

Preface

Karma (Action) 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, *swadharma-karma* (*Karma* as per an individual's duty according to system of class), *sāttvik* (Spiritually pure), *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 Jnānyoga (Path of Knowledge) and Bhaktiyoga (Path of Devotion), Karmayoga (Path of Action) 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 * sign has been placed alongside important points)

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