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20. Karma Yoga (B.Gītā, CH3)

3 Gunas

sāttvic
- qualities
  - noble
  - creativity
  - equanimity
  - serenity
  - pure
- best for
  - contemplation of Self
  - unactivity
    - subjective
    - max activity
    - high speed fan
- About
  - breeze
  - meditation
  - easy to remove
  - smoke over fire
  - cover Self like
  - removes last traces
  - on Self
  - contemplate / meditate
  - SOLUTION
- sāttvic
  - thinker
  - appears inactive to others
  - poet

rājasic
- qualities
  - desires
  - overpowering
  - emotions
  - passionate
  - agitated
  - stormy
  - ambitious
  - teenager
- activity
  - fan in motion
- About
  - effort to wipe off
  - dust on mirror
  - passionate / egocentric
  - cover Self like
  - worldly objects
  - towards
  - activity
  - Karma Yoga
  - Īśvara
  - activity to
  - redirect
  - SOLUTION
- rājasic

tāmasic
- qualities
  - dull
  - carelessness
  - inactive
  - inertia
  - laziness
  - lacking
    - purpose consistency
    - nobility
- inactivity
  - motionless fan
- tāmasic
  - sleeper / idler
- About
  - needs force / patience
  - foetus in womb
  - vicious, egoistic
  - cover Self like
  - lethargy
  - inertia
  - shake of
  - SOLUTION
- tāmasic

Samsaris
- non-discriminating people
  - driven by gunas
  - don't disturb them with Self knowledge
  - be an example for them
- confuse "I" with body/mind

2 Lifestyles for Liberation
- Knowledge
  - Arjuna didn't get it
  - Krsna recommends...
  - apply at different levels
  - contradiction between them
  - no contradiction between them
- what doesn't work
  - renunciation of results of actions
  - because Moksha is
  - freedom FROM the doer
    - only KNOWLEDGE can free you
    - not "FOR" the doer
    - action can't free you
    - action reinforces the DOER
  - non-action
    - ANY action is better
    - you're a role model!
    - Saying "I'm not a doer"
    - Doesn't rid of Vasanas
    - EG: Neo-Advaita
      - Wasn't Fruit of Religion
        - but not it's obligation
        - American style
        - immediatism
      - they skip Karma Yoga
      - omits preparation
      - claim lineage is R.Maharshi
        - but don't acknowledge, he
        - no scripture
        - just self-inquiry
        - skip Māyā/ Jīvā
        - experience induced
        - Ramsn Maharshi
        - did the work 10 years
- surrender your actions / results to ME
  - discriminating mind
  - free of expectation
- action can't be avoided
  - 3 gunas force you to ACT
  - illuminated by Self

Karma Yoga
- do until prepared for...
- control sense organs
  - brings mind under control
- SPIRIT
  - instilled by Creator
    - respond appropriately
    - taking care of the field
      - honouring the "Gods" (5 elements)
      - it'll take care of it
    - sacrifice & service
    - offer yourself when Asked
  - satisfies all desires
  - secret to success
  - eg: Trees
    - CO2 > Oxygen
- reverses attention
  - from outside to INSIDE
- action with right attitude
  - no expectation to results
  - one who takes without giving back
  - thief
- follow your dharma
  - not someone else's
    - warning: complying to others NEEDS/WANTS
      - you're here to resolve YOUR stuff YOURSELF
      - Others should resolve their stuff THEMSELVES
    - "You should X"
    - worse then death
  - do what's true/right for YOU
    - follow your impulses

Objects
- generates longing
  - enemy
- desire for it
  - always desire for freedom
    - to please yourself for your sake
    - what you really want is BLISS

Other
- Sanyasin
  - little/no Karma
  - uninterested in world
  - lifestylers VS authentic
- Doer
  - "I" identified with DOER and not Self
  - "I went to grocery store"
  - only dis-identified with it
  - You'll never get rid of this
  - Enlightened ones also have DOER
  - mind is not focused on doer
- you never become "more aware"
  - only remove more ignorance
- One either speaks as DOER or Self
  - Actualised ones pretend to be worldly
- must hear Vedanta over again
  - to not miss any steps
- Self-inquiry
  - not about asking "Who am I?"
  - way of thinking all the time