

# Saarth

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**The Karma Yoga : the Duties First**  
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### **Abstract:**

An individual can attain the highest success and reach the peak of achievements, with his inner knowledge and the self awareness, while doing the right actions. Even to achieve a form out of the shapeless image is a good action. The actions of the human being is according to the country, epoch or the time and the society. So, it is little complicated to understand this. In the beginning of the universe, the nature is build out of the seedlings and with the passing time of the lifecycle of the universe, the nature again vanishes or is destroyed (death). The spiritual happiness comes from the stability in the behaviour of the people, who perform the actions in the family and the society, keeping in mind the the right and the wrong actions. The Supreme Lord (light, soul, heart) is the basic foundation of all the living beings in the universe, whose strength and the energy activates the entire world. He is also the source of all the actions of the human beings. As the human body is a part of the nature, so will always do some actions. The action does not only mean to work for earning a living, but also to work for the integration and the purification of the mind (purity of the blood), speech (physical qualities) and the deeds (strength of the soul). Therefore, our forefathers have made arrangements to integrate the routine activities, such as prayers, one's conduct, education, sports, sleep, yoga, respect of the nature, love for the living beings, gardening, ecosystemetc, with the society, according to the day, night, month and the year.

**Key Words :** Self- awareness, Happiness, Universe, Integrate, Education, Purity of mind, Nature, ecosystem.

### **Introduction :**

An individual can attain the highest success and reach the peak of achievements, with his inner knowledge and the self awareness, while doing the right actions. Even to achieve a form out of the shapeless image is a good action. 1. The actions of the human being is according to the country, epoch or the time and the society. So, it is little complicated to understand this. 2. In the beginning of the universe, the nature is build out of the seedlings and with the passing time of the lifecycle of the universe, the nature again vanishes or is destroyed (death). 3.

The Supreme Lord (light, soul, heart) is the basic foundation of all the living beings in the universe, whose strength and the energy activates the entire world. He is also the source of all the actions of the human beings. 4. As the human body is a part of the nature, so will always do some actions. The action does not only mean to work for earning a living, but also to work for the integration and the purification of the mind (purity of the blood), speech (physical qualities) and the deeds (strength of the soul).

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### LAWS OF INHERITANCE –

Elements of Environment as the loan to the Mankind by the Supreme Soul :

Element of Air - air quality, Law for the cleanliness of the environment.

Element of water - Laws to maintain the quality of water, water resources and the fisheries.

Element of earth (mud) – Law on the Waste management, law on mining, forestry law, Earth Jurisprudence law, law on energy, Ecocide, Environmental justice, environmental crime (poaching), Insurance law.

International laws – land law (land use), Sea laws, rights of nature.

Our survival depends upon the healthy ecosystem and so the protection of the nature's rights in turn advances the human rights and the well being. There were different types of views on the good and the ethical conduct during the dwaparyuga, such as karmakand, Vedic ceremony, the ethics of Upanishads, the sacrifice of the attachment to the outcomes of the actions and the thoughts on the prayers to the God. The Holy book of SrimadBhagavadGita has presented these views in a well organized and the systematic manner. It especially emphasizes on the stability in the behaviour, that is the basic foundation to the relationship with the complete society. The stability in the family and the social relationships is considered as the ethical progress of the human beings and the society. In this world, amongst all the living beings, it is only the heart (soul) of the human being, that understands and realizes the responsibilities towards the family, society and the nation. The aim of this paper is to synchronise the duties of the people of the country, for a healthy ecosystem, value system and humanity, for the growth and progress of the family, society and the country.

The Fundamental Duties of all citizens of the country :-

1. Abide by the constitution.
2. Follow the ideals of the freedom struggle.
3. Protect sovereignty and the integrity of India.
4. Defend the country and render the national services when called upon.
5. Spirit of unity, common brotherhood and fraternity.
6. Preserve Composition culture.
7. Preserve the natural environment.
8. Develop the scientific temper.
9. Safeguard the public property.
10. Strive for the excellence.
11. Duty of all the parents or the guardians to send their children, especially in the age group of 6-14 years to the school.

A person must abide by the Indian Constitution, respect the institutions, national flag and the national anthem. One should always make an effort to defend the country and render any kind of national service, best suited for the person. A citizen must always cherish the struggle of the freedom fighters. It is the duty of every person of a country to protect the rich

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heritage, culture, fraternity and brotherhood, transcending all the linguistic, religious and geographical barriers and respect women. Every citizen must abide by all the laws, contribute to preserve the water resources, ecosystem and safeguard the public property.

### HAPPINESS

The human being desires and expects two kinds of happiness, in his life. One is the worldly happiness (Rajogun) and the other is the spiritual happiness. The happiness from the unlimited desires of the senses and the efforts to fulfill these are called the worldly pleasure. The population of such kind of people having infinite desires, is massive. Therefore, the behaviour of the duality and unsteadiness in the minds of the people, is very common these days. The spiritual happiness comes from the stability in the behaviour of the people, who perform the actions in the family and the society, keeping in mind the the right and the wrong actions. The stability in the conduct results in the joy of the soul and the satogun qualities. (positive and good conduct). 5

### Divine Self- Awareness: Duties First

The most supreme behaviour comes when a person, instead of feeling independent, considers himself subordinate to the Supreme Lord (Soul, heart). So long as the heart (soul, God) remains activated, this nature built body keeps working according to its qualities. The power to make the natural qualities supreme is in the heart (soul).

The integration of an individual (soul, heart) and the nature (the elements of water, earth, air) results in a pure conduct of an individual. The unethical conduct is one, where the mind (knowledge, purity of the blood), the speech (parts of the body) and the actions, all work in the different directions. The basic moral is the integration of the complete family, society and the world, that increases the stability and the steadiness of the ethical behaviour. This coordinated behaviour facilitates the progressive behaviour and helps an individual to live a complete happy and a peaceful life. The 12 parts of the body in the coordination of the heart, with the similarity in thoughts and action, helps to integrate the mind, speech and the action, with the aim of the social welfare. 6.

The stability and peace will prevail in a society, when the people living in it will respect justice and will stand together against injustice. Lord Krishna does not lure Arjun, to fight the battle for the fame or the rule, but to reestablish the respect of the women in the society and the righteousness. If the lawlessness prevails, then the cities, the societies and the country will become very unstable and mismanaged. If the half of the population of the society (female population), is in dismayal, afraid and weak, then the society can never be peaceful, stable or progressive. So, one should fight a battle to fight injustice, with the knowledge and to send a message of discipline in the society. The discipline is the highest yoga of the soul (heart). 7.

The greed and lust destroys the religious discipline of our body. When it dominates the mind of a person, his consciousness reduces to the lowest. It also weakens an individual's capacity to debate. If a person loses the control on the unlimited desires of his senses, then his soul becomes subordinate to these infinite desires. Shrimad BhagavadGita teaches and directs the human being to behave without any bias, non- attachment to the outcomes of the actions and control the desires, with the mental (Gyanyoga) and the physical yoga. 8. This is

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the true meditation. The person who sacrifices the actions is called the tamoguni and the one who sacrifices the action, out of the fear of the outcomes and the physical pain, is called Rajoguni. Those actions that are independent of the fear of the outcomes and the non – attachment to the outcomes, are superior and called the Satogun character (supreme conduct).

The human body represents the physical and the mental qualities of his parents and the geographical environment. The desires of the parents also influences our mind, speech and the actions. It has been divided into two categories in the BhagavadGita. First, is the previous actions, that influences the mind and the other is Brahma actions. Therefore, the Holy book teaches, as long as we do not purify the previous actions, we cannot separate ourselves from the selfish actions. 9. It is not correct to sacrifice the actions according to one's behaviour, but the right thing is the non- attachment to the outcomes of the actions. 10.

There are three forces in a life of a person, that is the attachment, anger and the greed that drives a person to the wrongful path. To discipline these is considered to be on the right path. The desire of supreme behaviour brings progress in the society. It is considered divine to abide by the right religious practices. 11. It is important to maintain a clean nature, that nourishes life, purifies the mental and the intellectual qualities of the living beings, that also promotes the pure religious rituals. The selfish interests will never help to attain salvation. The eyes, nose and ears will never stop to perform its functions, so wherever this body goes, it cannot stop to perform its work, whether according or against to its will.

There is no rest in this hell. As the soul and the chakras of the nature activate this body, the human being keeps doing his actions, according to these chakras and his knowledge. 12. The Supreme teaching of the BhagavadGita is that so long as there is a soul in the human body, it should continue to perform the actions according to its qualities and also aim to purify one's qualities. 13. The Supreme Lord also performs His actions, when take a birth as a human being on the earth. Although He is independent, without any selfish interests, but continues to perform His duties as a human being. So, Arjuna must perform action and his duties. The service to mankind is the only offering and respect to the God.

The action performed and devoted to the God, without any attachment to the selfish interests, is always an independent action. The Lord said that all His actions are independent of any attachments, so does not bind Him. 14. The BhagavadGita does not distinguish between the retirement to the forests and the sacrifice. “The sacrifice also refers to the non-attachment to the outcomes of all our actions.” 15.

We all live in a family life, while staying in a society. In this kind of situation, it is quite natural to be attached to the outcomes of our actions and the desires. One should make an effort to maintain an equilibrium or a balance in one's family and the social life, that helps one to travel from the worldly happiness to the spiritual happiness. The action never binds a person, but the attachment to its outcomes does. “The sacrifice of the actions by the ignorant people is a positive action and the actions performed by the knowledgeable person, without any selfish desires is the most superior action.” 16. The inner life of the soul is according to the active routine life cycle. The BhagavadGita teaches the actions that are most superior. “Yoga karmasukaushalam”, that is doing action with the complete devotion is the yoga. 17.

The human being performs actions according to his natural qualities. If the natural qualities are weak, it results in the negative and the worldly qualities. When these get purified

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with the help of the heart (soul), then these get transformed into the spiritual happiness or the satogun qualities. (equanimity, positive thoughts). The morals and the principles of the qualities have a special significance in the Holy book of BhagavadGita.18.

The bond between the physical and mental qualities, results in the different types of expressions. The qualities exist in the mind and the heart (soul) purifies and activates them. Even the half- baked or immature qualities of the mind result in actions, that are considered superior. 19. Sometimes a humble or a good thought or a desire, may become an ego, after a period of time and it develops a bond with the knowledge and happiness.

Rising above all the qualities and believing in an abstract or intangible or a universal perception, is also considered an ideal philosophy. 20.

The knowledge, mind, speech and action, together becomes a chemistry, that is considered a spiritual knowledge in the BhagavadGita. 21. The knowledge educates and inspires about the self control, self discipline, simplicity, self sacrifice and service to the society. It facilitates one to uplift oneself above the selfish interests and to devote oneself to the deities (different organs of the body), so as to become a knowledgeable purush. 22. So, we should understand that the food, water, living style, language, yoga ,etc, is a routine to purify the internal organs (deities), that the civilized people practice, to purify their qualities. Other people emulate the qualities of such humble men. 23.

Shri Gita has explained so many common rules to develop self discipline (yoga of heart) and good conduct. 24. It also explains the different phases of life, as this body cannot be pure suddenly. The tamoguni and rajoguniqualities (worldly pleasure , negative thoughts) arise, according to the mind, speech and actions, but the superior or satogun qualities develop out of the improvement of the mind, speech and the actions.

The basis of the Varna is the physical and the mental qualities of the human being but not by birth.25. These can be made superior with the help of the heart (soul), that is a disciplined organ that disciplines the mind, speech and the actions. The more the discipline, the more the development of the qualities. The performance of the action is the highest devotion, keeping in mind the religious process (reading, writing, sports, food, water, sleep, yoga, etc.). 26. We are the people, who live a family life. So, the love for the family increases the desires, somewhere or the other. If a person is able to discipline these desires and the ambitions and realize the responsibilities, towards the society, then it results in happiness and satiety, while being in a family life. 27.

The knowledge and the karma or the actions, complete each other. We cannot decide the right action, without the knowledge and without any actions, the knowledge has no application. 28. So, it is necessary that every individual must perform an action, according to his knowledge. 29. Sometimes, an individual does not express his inner desires, keeping in mind the values of the family and the society, but does think about his desires. Such a person is deceiving himself. 30. But, when he devotes his actions to the society, then he becomes free of all the sins and also becomes liberated from the fruits of his actions. 31.

### CONCLUSION:

The sacrifice of the actions by the ignorant people is a positive action and the actions performed by the knowledgeable person, without any selfish desires is the most superior action. It is the duty of every person of a country to protect the rich heritage, culture,

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fraternity and brotherhood, transcending all the linguistic, religious and geographical barriers and respect women. One should make an effort to maintain an equilibrium or a balance in one's family and the social life, that helps one to travel from the worldly happiness to the spiritual happiness.

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