

Karma yoga as Meditation

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The simplified kundalini yoga system identified by Vethathiri maharishi as yoga for Modern Age has very important organ called Karma Yoga. Karma yoga of Maharishi is the basic force in the journey of consciousness. It also functions as super medication being meditation.

The therapeutic function of Karma yoga being meditation can be described in the following way.

Synthesis

Synthesis of the thought, action and result is the crux of karma yoga. Thought represents space. Action represents energy and result represents mass. This equilibrium between mass, energy and vacuum promotes health by strengthening the natal consciousness. This is a classic psycho analytical system accepted by Payanam ali.

Perspiscacity

This is the key of karma yoga. Perspiscacity does not simply mean a status of mind. It is also inclusive of the integral state of visible and viser. This plays a very vital role in calming down the network of thoughts. This is a precondition for what Raja yoga mentions amanaska state. Amanaska literally means not having mind. But functionally it is integration of thoughts into aura and wisdom. Wisdom is said to be one of the features of Brahmam by Maharishi

This perspiscacity reduces the psycho metric and psycho functional frequency resulting in the loss of stress.

Result and sacrifice

This dimension of Karma yoga has the appreciation of Upanishads and Bhagavad-Gita also. This is the basic for the individual peace, social peace and world peace. This dimension reduces the enigma of ego. This absence of ego centralism boosts up the universal supreme glory what Pathakalu calls Vibhuthi. This dimension makes man positively acting and encountering what is taking place.

Thus synthesis, perspiscacity, result and sacrifice of Karma yoga assure meditative state in day today life confirming stress free state and peaceful adjustment to the changing socio cultural ecology.