

# PRACTICAL SUGGESTIONS FOR THE LAW OF KARMA

– B.K. Anita, Mahim, Mumbai

**T**he performance of *karma* is a must in our life. No one can escape from performing *karma*. But, we must be careful of *karmas* that we perform. It is on the basis of performance of our *karma* only; we get positive or negative result. Therefore, if we perform good *karma*, we will have positive result and vice-versa.

In this auspicious Confluence Age, Incorporeal God Shiva, whom we lovingly call Shiv Baba, through His human medium Prajapita Brahma tells us the deep philosophy of *karma*, towards which we must be very attentive.

In order to have more practical approach towards our *karmas*, we must pay adequate attention towards the following points:

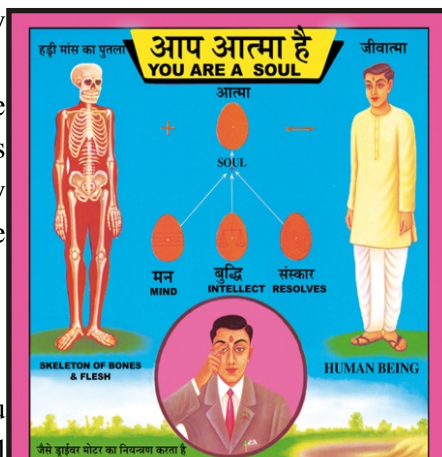
## **Always be aware of your thoughts**

As you think, so shall you become. Every time an evil

thought approaches you, push it out of your mind. An effective way of pushing out a thought is to slap or pinch yourself, the moment an undesirable thought enters your mind.

Shiv Baba says: “Temptation comes as a passer-by. It knocks at the door of the heart and wishes to be admitted as a guest. If you let in this guest, it will stay as a master!”

You are, in fact, an absolute and eternal soul. Always keep this thought uppermost in your mind. Keep on telling to yourself: “I am not this (body); I'm a (soul)!”



## **Be Aware of Every Little Thing That You Do**

As you sow, so shall you reap. Therefore, be aware of every little thing you do. Everyday, spend some time in silence; preferably at the same time and at the same place. Sitting in silence washes off all that you did during the earlier twenty four hours. It is helpful if you go over your actions in the reverse order, i.e. think first of what you did a little while ago, then of what you did a little while earlier, and so on.

## **Take care of your company or the people whom you associate with**

If you move in the company of holy souls, something of their holiness will penetrate your life and fill you with holy aspirations and vibrations. However, if we get indulged in the bad company we will move towards gloom and darkness. Hence, so much valuable is the daily *satsang*, or *yoga* (*Rajyoga*).

## **Develop the Spirit of Detachment**

Attend to your duties and be inwardly detached,

knowing that nothing, no one belongs to you. You are only an actor and also a spectator in the ever-enfolding, cosmic drama of life. You have to play this dual role of an actor and a spectator. You perform your duty, without considering what the other person is doing. In doing so, you will sow the right kind of *karma*.

When things do not work out the way what we want them to, we often feel frustrated. If however, we work in the spirit of detachment, we shall remain unaffected. Shiv Baba says, “You have the right only towards the performance of *karma*, not towards the fruit thereof”. So, do work, not for results but for the pure love of Shiv Baba: Work as instrument in the hands of the great cosmic power.

### **Develop Sincerity**

Do meditate with a sincere heart so that you may rise above the feeling of pleasure and pain, loss and gain, for it is only then that suffering will not be able to touch us, and we shall be at peace with ourselves and with those around us. Develop more and more spirit of being surrendered to Baba: “Not my will, but Thy will be done, O Baba!”

### **Be vigilant; be watchful**

Live in awareness all the time. It is Baba who says to his children, “O sweet children, if you are not vigilant, desire will enter your heart like rain enters a room through a leaky roof!”

### **Do as much good as you can, to as many as you can, in as many ways as you can**

Be helpful towards as many as you can be to lift the load from the rough road of life. It is often said, “Son shows Father.” So, we must, through our own good deeds, show our most beloved Supreme Father, Teacher and Preceptor Shiv Baba. ■

## **THE MIRROR THE BANYAN TREE**

– **B.K. Bhawani**, Jagannathpara,  
Balangir (Orissa)

I am the mirror of the entire structure  
In which all see their faces  
Very few of course see their deeds  
And act rightly in few cases

I can reflect the image as clear it is  
What the self really does  
He cannot judge himself on his deeds  
I can judge what he does

Each performs his deeds usually  
Without any pause or halt  
Some see past deeds and ponder  
How far his was right or at fault

The introvert can refrain from the world  
And see his face in me very well  
But, he who tags him with the turmoil  
here  
Can never see good deeds as well

The mirror is but the very conscience  
dear  
Lies in core of heart indeed  
This is the very essence of our  
existence  
This keeps the record of each deed ■