

RITZ ask your guru

## The truth about Karma

Confused about your spirituality? Or do you have a question that is bothering your mind? Write in to RITZ and have your doubts cleared by Sadhguru Jaggi Vasudev.

*Q. Should I believe in Karma? Will I be punished for my sins and rewarded for my virtues? How are right and wrong judged?*

Sadhguru:

The nature of karma is not in the action that you perform. Karma means action, but this gathering of past karmas is not because of the actions you have performed. It is the volition, the intention, the kind of mind that you carry which makes your karma.

Now, this karmic thing is not about what you are doing, it is just the way you feel about whatever you are doing. And acceptance is the important word here because if you are in a state of absolute acceptance, whatever life demands of you, you do. If you have to fight a battle, you go and fight; there is no karma. Karma arises not out of physical action but by volition. It's just that some fool has framed rules and it is expected that every human being has to live by them. Tailoring your life in accordance with another mind's rulebook is difficult, but on the other hand society needs such rules to maintain social ego.

Did you know that the society has its own ego? For every small issue, the whole society gets upset, even when the issue in question is not wrong. Suppose it is summer in the United States. Everybody is hardly wearing anything or maybe they are in miniskirts. Let's say you are fully clothed. People will get upset and wonder: "What is she doing? Why is she all covered up?" Here in India, if you aren't fully covered up, this society will be upset! It is the unfurling of two different kinds of egos here, both social. And when it is this kind of ego that is upset, your karma becomes a part of the collective karma. I want you to really understand this with a certain depth. Your idea of good and bad

has been taught to you. You have imbibed it from the social atmosphere in which you have lived. Karma is in the context of your life, and not in the action itself.

This karma can be classified as good and bad. But whether it is good karma or bad karma, it is still bondage. For people who are only interested in leading a comfortable life, this classification is important. They are always thinking about how to perform good karma so that they will be born with health, well-being and comfort in their next life. For a person who is thinking in terms of transcending life and death, good karma is as useless as bad. To such a person, karma is just karma; any classification does not matter. For a seeker who wants to transcend duality and become one with existence, there is no good and bad. All karma is a burden for him and he wants to drop them all.

You need to understand that every single action has its consequence. An action which brings a negative consequence into your life is generally termed bad. It is not a question of bad action; it's just that different actions produce different kinds of consequences. If you can joyfully accept the consequence, do anything that you wish to do, but if you do something today and when the consequence comes, you cry, then you must curtail your actions, thoughts, emotions, or whatever. Do not start something that you cannot handle.

This is not about good and bad; this is just about living your life sensibly. Now you don't pick up a rock that you cannot carry – it is as simple as that. You pick up something that you can handle. So every action is just that. If you bring this into your awareness, you don't have to worry about what is good and bad; you will just do what is needed for you – nothing more, nothing less. @



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