*Karma Marga*: “The Path of Works”

*Karma marga* emphasizes not only doing good works but also undertaking those works in the right spirit, with the right motivations. A person following *karma marga* must ask, “Does the way in which I accomplish this act increase or decrease the illusions I have of myself?” Even outwardly good or seemingly neutral acts can contribute to an inaccurate self-perception when they are done for the wrong reasons.

**1.** For each of the following actions, write a selfish motivation and a selfless motivation. Responses have been supplied for the first action as examples.

**a.** Sleeping

*Selfish motivation:* I sleep late or excessively to escape my responsibilities, my problems, or other people.

*Selfless motivation:*  I sleep to give my body the rest it needs.

**b.** Giving money to a stranger who asks for help

*Selfish motivation*:

*Selfless motivation*:

**c.** Running for an elected position

*Selfish motivation*:

*Selfless motivation*:

**d.** Eating

*Selfish motivation*:

*Selfless motivation*:

**e.** Learning and studying

*Selfish motivation*:

Selfless motivation:

**2**. Have you done things that outwardly seemed to be good but were motivated by intentions that undermined that good? If so, list two or three examples and explain.