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# ***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 of them and explain.