

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.

