



Karma-Yoga: On Life, Work and Spirituality

Swami Vivekananda

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"Take up one idea. Make that one idea your life - think of it, dream of it, live on that idea. Let the brain, muscles, nerves, every part of your body, be full of that idea, and just leave every other idea alone. This is the way to success."

This is a set of lectures by Swami Vivekananda on the subject of Karma Yoga, one of the several yogic paths to enlightenment. Karma Yoga is a mental discipline which allows one to carry out one's duties as a service to the entire world, as a path to enlightenment. By working in the real world, but giving up attachment to work, we can obtain spiritual liberation. Vivekananda discusses the concept of Karma in the Bhagavada-Gita, and singles out the Buddha as a primary example of this form of yoga. Chapters include: Chapter I. Karma In Its Effect On Character Chapter II. Each Is Great In His Own Place Chapter III. The Secret of Work Chapter IV. What is Duty? Chapter V. We Help Ourselves, Not the World Chapter VI. Non-Attachment Is Complete Self-Abnegation Chapter VII. Freedom Chapter VIII. The Ideal of Karma-Yoga

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