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Karma sadhguru free

Isha Outreach Learn more Donate Isha Life is a part of Isha Foundation Inc., a nonprofit 501(c)(3) organization. EIN/Tax ID number: 62-1794866 How much of our life is governed by karma, and how much by our free will? Sadhguru explains, while the residue of the past has an impact, the karma of this moment is always in our hands. Full Transcript: Questioner: I want to know about how much of our life is governed by karma and how much is our free will? You talked about it in the morning but it's like ... so many people I've heard said everything in your life is governed by karma and the others, like, we make choices. So how ... if we make a choice is ... are we creating the karma from our choice? Sadhguru: Karma means action. Whose action? 'My action.' Questioner: ... (Inaudible) Sadhguru: No, no, no, who's action? 'My action.' Whose responsibility? 'My responsibility.' So if it is your action, is it by your will? Yes or no? It is by your thought, by your emotion and your action - this is how you perform your action, isn't it? So karma means till now whatever you did, the residual impact of that is definitely there upon your life. But this moment's karma is in your hands. Yesterday's karma, you cannot change, but this moment's karma is in your hands. This moment karma... this moment's karma should... could be a karma of freedom or of bondage. If you do... if you handle this moment in a certain way, you will be (free?) from everything that was yesterday. If you do not handle it that way, yesterday will rule you today; this is also your karma, this is also your... See, please do not understand karma as some kind of punishment and reward. It's not like that. It is just that everything that you touch with your mind, with your emotion, with your body, a bit of it sticks to you; the residual action is remaining with you. Yesterday whatever you did, is it not there in your memory? Is it not there in your memory? Is it not influencing what you do today? Yesterday what you thought, is it there in your memory? Is it not influencing your thought and action today? Yesterday what you felt in your emotions, is it not there in your memory? Memory is not just physical... I mean mental memory. Memory is on many different levels; it is in your body, it's in your chemistry, it's in your energy, in many different backup systems are there for your energy... for your memory. So this memory is acting itself out. But this moment if you wish to be conscious, this memory you can use it whichever way you want. You can look back on your life and laugh at all the stupid things that you did. You can look back on your life and cry, 'Why did I do all this stupid things?' Or you can look back on your life and learn that, 'Okay, I did all these stupid things yesterday, what is the smart thing that I can do today?' Same karma. Yesterday's karma is same karma but this moment's karma can be different depending upon how consciously you act this moment, isn't it? This moment's karma can be either karma of sweetness or bitterness. Yesterday might have been sweetness or bitterness; you cannot change that. Can you change what you did yesterday? You cannot change that. But what you make out of it today, that you can change, that is always in your hands, always and always, it's in your hands. by this, that? What's happening? Tch. Do you golf? Do you play golf? You do? (To the questioner) Participant: ... (Inaudible) Sadhguru: I knew. (Laughs) So this happened. One day... one evening, Shankaran Pillai and his wife on a full moon evening like this, they got little romantic and then his wife got little emotional. And then she held his hand and said... they were sitting on bed and she said, 'Suppose I die, will you marry once again?' Shankaran Pillai said, 'No! No, never! I will never marry.' Then she became upset. 'Why? Has it been so bad for you, this marriage?' (Laughter) He said, 'No, it's been very good. Okay, I will marry.' (Laughter) Then she again became emotional. 'Will you... will you bring that new wife into this... our house?' Shankaran Pillai thought and said, 'Then where else should I go? I have to bring her into this house, isn't it?' She became little depressed. 'Will you actually use the same bedroom?' He said, 'Where else? Can I build one more... one more bedroom in this house? No. I think I will use this bedroom.' 'Will you take her out golfing?' He said, 'Yeah, because I need to go golfing. I will take her golfing.' 'Will you let her use my clubs?' Shankaran Pillai said, 'No, she is left-handed.' (Laughter/Applause) You don't know what's lined up for you. Sadhguru explains how to escape the cycle of karma through spiritual practices and activities. While many people have been conditioned to believe that certain activities will lead to liberation, Sadhguru suggests that no activity at all would be best - complete stillness in body and mind. However, this is a challenging concept for many people to grasp. Historically, during the British Raj, Indian temples were seen as a potential source of revenue due to their accumulated wealth. One such temple had an entry in its account book showing that a 'Swami who does nothing' was receiving a monthly stipend of 25 rupees. A collector challenged this, but upon meeting the Swami, he felt compelled to continue the stipend. Sadhguru uses this anecdote to illustrate that even small acts of kindness and generosity can help loosen our connection to karma. The key is to perform every activity as an offering, rather than for personal gain or recognition. By doing so, we can begin to unravel our karmic bondage and move closer to liberation. In a moment, something profound was unfolding. Unaware of this dimension, yet overwhelmed, the collector surrendered. Those who do nothing are free from karmic memories and cycles. As long as you're identified with your past, the same patterns will repeat. Karma is the union of action and memory; there's no memory without action, nor action without memory. While ruled by memory, it drives us to act. Only by distancing yourself from your past can you remain still. Try doing nothing for ten minutes - no thoughts, emotions, or movements. If this is challenging, intense mental activity may be necessary. The type of activity isn't crucial; what matters is the approach. Karma grows from self-gratification and importance. Most people's physical and mental state demands action. To achieve a state of freedom requires effort. For now, maintain a level of alertness and agility to prepare for the future. Until then, engage in constant activity without pause or personal gain. The key is not taking breaks; instead, focus on doing something needed by others. This simple approach can silence your karmic recorder and avoid consequences. If you're capable of doing nothing, that's the ideal; otherwise, do as an offering, without identifying with it. Perform activities needed without self-importance, and old karma will naturally unravel. The word "karma" remains widely misunderstood, leaving many questions unanswered. Is there a way to completely free ourselves of karma, and what are the consequences of doing so at the wrong time or in the wrong ways? The role of a guru in helping us navigate this process is also unclear. According to Sadhguru, the karmic structure is complex, like intricate jewelry that can be difficult to untangle. Just as the courtesans in Indian culture relied on their gurus to pull the pin and release them from their burdens, we too need guidance to free ourselves from karma. The key is to find the right moment, when our minds are stable and our memories have been transformed into well-being. If we are not yet ready for liberation, a guru can help us prepare by teaching us how to transform our experiences. However, true liberation requires more than just escape - it means walking out of our current lives and recognizing that our time has come to an end. The distinction between being released from prison due to completing one's sentence versus making a daring escape is significant. The former implies freedom and a fresh start, whereas the latter often comes with lifelong consequences. To gain insight into personal growth and self-transformation through classical yoga and meditation, join our free webinar at www.innerengineering.com/freeyoga.

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