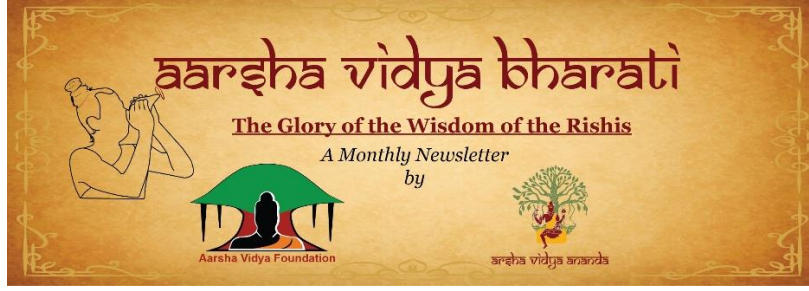

Aarsha Vidya Bharati - Aug 2022

Sravana - Bhadrapada 2079

A monthly newsletter that will bring you more happiness, more wisdom and more freedom



This is one of many articles from our monthly newsletter. Access the [Aug 2022 issue](#) or read any of [the articles](#).

Life as an offering; Ode to Karma Yoga

By Ananda Razwana, New Zealand

Om Devyai namah, Om Devāya namah, Om Devyai namah, Om Devāya namah
Om Devyai namah, Om Devāya namah, Om Devyai namah, Om Devāya namah

How can I forget to live with karma yoga mind?
When every action from rise to rest, that I find,
To be manifestation of pure Devi,
Both sweet & bitter fruits I accept gratefully.

I open my eyes in the beautiful morning,
Along with other sense & action organs, these are my blessings,
I offer my feet; Bhumi Devi honours my toes,
Every step I take in gratitude, on this path I chose.

Sacred Ganga splashes my body, in this shower,
Each stroke of my teeth I brush with sacred Shakti power,
My act of preparing with love and mantra, sacred food,
Thanking Lord Surya, I share to do the most good.

Every breath I take, is a given wonder,
I bow to the sun, my yoga namaskara,
Through this intention I offer pranayama.
I bow to Patanjali & Devi through yoga asana.

My sacred job, gives me opportunity,
My route to my work and actions deserve further scrutiny,
Every client, colleague and boss has Ishvara's face,
With compassion I honour them with Devi's grace.

I take exercise to nurture this beautiful body,
Each step, a holy pilgrimage on Bhumi Devi,
I use my sacred mantra, as I walk,
Being blessed by Bhumi Devi, through this sacred talk.

I do my best to serve my family and mankind,
Reciting prayers at my shrine, I find,



I pray for peace and give gratitude to my mother,
This awesome manifestation, never ceases to wonder.

I offer this sacred weather of emotion,
These moods can overwhelm like the churning ocean,
I bow with feeling sad, lonely, helpless and frustrated
Equally, I offer pleasure, laughter and smiles while feeling elated.

Karma yoga is proper action, with proper attitude,
It is living every moment in deep gratitude.
I honour all gifts of this given universe,
Understanding what manifests, I truly deserve.

How can my understanding of karma yoga grow?
When my true nature, I don't really know.
"Fake it till you make it", Pujya Swamiji said,
My advice-go to his revered students and bow your head.



I offer each of my actions from day to night,
In the hope that study and behaviour will bring me light,
To know the true nature of this karma yogi,
Not separate from these values or blessed Devi.

Om Devyai namah, Om Devāya namah, Om Devyai namah, Om Devāya namah
Om Devyai namah, Om Devāya namah, Om Devyai namah, Om Devāya namah
Om santi, santi, santihi

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