

Karma Yoga Assignment

The word Karma is derived from the Sanskrit *Kri*, meaning 'to do', in its most basic sense *karma* simply means action, and *yoga* translates to union. Thus *Karma yoga* literally translates to the path of *union through action*. It is described as a way of acting, thinking and willing by which one acts in accordance with one's duty (dharma) without consideration of personal selfish desires, likes or dislikes. It is *acting without being attached to the fruits of one's deeds*.

Give this assignment a lot of thought. I will not accept anything less than what you are capable for this!

Spend this week practicing Karma Yoga. What is Karma yoga for you? How will you serve another selflessly and from the heart?

You need to complete a journal of five days documenting what you decided to do for your Karma yoga each day. How did it make you feel? How did it make the people you impacted feel?

At the end of five days, you will write a reflection summarizing your Karma yoga experience: how do you feel now that you've done this? Will you continue to search out ways to serve? Karma yoga is often considered the easiest form of yoga to practice; do you agree? Why or why not? Feel free to be creative in how you represent your journal!

You will be marked based on your five daily entries as well as your reflection.