

The one fixed in equanimity of mind frees oneself in this life from vice and virtue alike; therefore devote yourself to yoga; work done to perfection is verily yoga. 50

Karma is classified as good or bad based on the result it produces. Good karma is as much the cause as the bad one, for the continuity of the wheel of birth and death. But the karma-yogi is not affected by karma of any kind. This is due to his being fixed in equanimity—the state free from likes and dislikes, attachment and aversion. A surgeon cuts and operates on the body of a patient. The sick man's surviving the surgery or succumbing to it, does not make the doctor virtuous or vicious. He does his duty very well for duty's sake. If the patient dies while being operated on, the doctor does not feel guilty of murder. He goes through the series of operations calmly because of his equanimity of mind. But this very doctor dare not operate on his own ailing son, he seeks the help of another surgeon. This diffidence is born of attachment leading to inequanimity of mind. Detached performance of duty adds to efficiency and the required equilibrium is maintained perfectly.

This principle applies to all activities in life. It is yoga to maintain equilibrium in the midst of all of them. Work is executed very efficiently in poise only. Attachment and aversion take away the efficiency from man. Bhishma fought for the wicked to the best of his ability, but because of his complete detachment he was not tainted by his action. As the