

does not desire to get out of it, or is incapable of outgrowing it, even for him there is a way out.

The earth-bound man is not prepared to abandon the fruits of his actions. Rather he wants to gather more and yet more fruits of his work. He ought to be told that the fruits of his karma will last long with him if he lived a life of self-control. He must be told next that more profit would come to him if he relied on God. Thirdly he must be induced into the belief that by offering a portion of his income to God and through God to His children, his income is bound to be multiplied. He learns by experience that selfishness is more paying when it is based on selflessness. An effort at abandoning the fruits of action is to be instilled into the ordinary man gradually in this way. In course of time he comes to learn that supramundane life comes of self-denial and not of self-seeking.

You cannot remain without doing work. Your inborn nature forces you to work. Therefore let your activities be carried on well. But if they were done without attachment, they take you Godward. Be not affected by the pleasure and pain ensuing from your activities. Associate them all with Iswara. Prepare yourself in this way for union with Him.

— Sri Ramakrishna

What are the indications of progress in spiritual practices? They are delineated as follows :—

श्रेयो हि ज्ञानमभ्यासात् ज्ञानाद्ध्यानं विशिष्यते ।

ध्यानात्कर्मफलत्यागस्त्यागाच्छान्तिरनन्तरम् ॥ १२

श्रेयः हि ज्ञानम् भक्ति-आसात् ज्ञानात् ध्यानम् विशिष्यते ।

ध्यानात् कर्म(न्)-फल-त्यागः त्यागात् शान्तिः अनन्तरम् ॥