

one not desirous of the fruit, that action is declared to be *Sattvika*. 23

Breathing is indispensable to life; and it is done without love or hatred. An ordained duty also ought to be executed in that manner. The obligatory duty of a man varies with his attainments. The working out of a sum in arithmetic by a pupil differs according to the standard in which he is placed. Similarly the duties of men vary according to their station in life. The duties of Arjuna's station were to wage a righteous war, to protect the weak and to punish the wicked. Every individual in society has his duty to discharge. It has to be executed faithfully and as incessantly as breathing. No selfish consideration should dominate that work. Duty for duty's sake is the motto of the yogi. When the duty is discharged with a sterling attitude, the man grows both in knowledge and efficiency. Action of this calibre is upheld as *Sattvika*.

A man of *Sattvika* nature makes no show of his spiritual practices. As far as possible he keeps his holy doings concealed from public gaze. While the others are asleep at midnight, he sits up within the mosquito-curtain and meditates.

— Sri Ramakrishna

यत्तु कामेप्सुना कर्म साहंकारेण वा पुनः ।

क्रियते बहुलायासं तद्राजसमुदाहृतम् ॥ २४

यत् तु काम-ईप्सुना कर्म स-अहम्-कारेण वा पुनः ।

क्रि-यते बहुल-आयासम् तत् राजसम् उद्-आ-हृतम् ॥

*yat tu kāmepsunā karma sāhaṁkāreṇa vā punaḥ ।  
kriyate bahulāyāsaṁ tad rājasam udāhṛtam ॥*