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# Sahaj Marg Study Group

## *Set 3: Karma, Life and Liberation*

### Introduction

### **Contents**

The program has five sessions. It is ideally offered as a once a week meeting. Each session may be an hour long. Participants will be provided with photocopies of the study material. Each one is expected to read the material. One or two participants may be pre-selected to be the primary presenters for a session. The others may participate in the discussions. The moderators are expected to guide the discussion. The study material is a selection of talks given by Chariji taken from Principles of Sahaj Marg, Set 1.

### **The five sessions**

1. Introduction.
2. Karma Yoga or Work and its Reward – (Principles of Sahaj Marg, Set 1, Page 190-195).
3. Life and Liberation – (Principles of Sahaj Marg, Set 1, Page 242-244).
4. Two ends of a Stick – (Principles of Sahaj Marg, Set 1, Page 107-115).
5. What should we ask of God - (Principles of Sahaj Marg, Set 1, Page 103-106).