What is the role of karma in sadhana?

*Karma yoga is the crutch without which most people will not be able to do sadhna*

Yoga does not need karma. Yoga is to go beyond karma. But why karma yoga has been brought in is just to bring about a balance in a person.

Whatever we call as our awareness, our love, our experience or our glimpses of our reality, if it has to be sustained, the path of non-doing is a very wonderful path, but it is very, very slippery. Extremely slippery. It is the easiest and the most difficult. It is not difficult but it is not at all easy, because it is simple – right now, here and now. But that here and now – how to get it?

Whatever you do, it is not in your hands. It is never going to be in your hands. But your hands need something right now, you need to hold something. That is why the crutch of karma yoga.

Karma yoga is the crutch for a spiritual person. Without the crutch, most people will not be able to walk. There are a few beings who can walk without the crutch from the first moment; they are very rare beings. All others need the crutch to walk. The crutch is karma yoga. It is the crutch that you use to manage your awareness. Without this crutch, most people are incapable of remaining aware. So karma yoga is brought into your life to properly temper sadhana with the right kind of action.