

Hari Om

Importance of Nithyakarma - Japa - Upasana:

Karma binds everyone including God (as Avatar) in the form of Human. Curses are invited through karmas affecting others negatively. Even good actions sometimes when hurts people can invite curse so we have to be very conscious while performing actions without hurting or harming others. Also sin is different from curse. While sins can be removed or mitigated through Prayachitta karmas, curses can be removed only by the person who gives it or by the Tapas of great souls or Gurus or by a series of actions involving confession, repentance, expiation and asking for forgiveness from the person who originated the curse.

This can be well understood from another famous curse from the Mahabharata - The curse cast upon Krishna. After the battle of Kurukshetra, when Krishna goes to console a distraught Gandhari, mother of the 100 Kauravas, she flinches in pain. She curses Krishna that the way in which he schemed to kill her sons and end her bloodline, his bloodline too will never last. Krishna not only died an untimely death, his family members too killed each other in infighting.

It is very important to recall every day in our prayer all the bad or harmful actions we have done that day and ask for forgiveness to God. This is the main purpose of Nithyakarma, be it Sandhyavandhanam, daily poojas, going to Church on every Sunday by Christians or doing regular Pratikraman by Jains or 5 times namas by Muslims or any other daily or regular procedures by any other religions.

By removing curses and sins on a daily basis we maintain the balance of karmas to ensure at least Human birth again or else, though we may enjoy life now happily owing to past punya karmas the tilt of balance through bad karmas, sins and curses will certainly take us to lower forms of life for reaching the balance through exhaustion of sins to come back here as Human.

Learning Vedantha or Bhagavad Gita or attending Satsang is not an excuse for not doing Nithya Karmas or Upasana.

As long as we are performing actions in the transactional world which involves dealing with people, (and therefore - possibility of harming or hurting will be there, unconsciously or consciously caused by deliberate actions or triggered by Vasanas and Samskaras), We need to pray regularly, perform Nithyakarmas or Upasana (Japa) to maintain the balance of karmas until we enter real Sanyasa Ashrama to meditate on Brahman without worldly attachments.

Hope it is clear.

GF Blessings. Om Tat Sat.

Guruji Dr. KV

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