

Action/Motivation

ज्ञानं ज्ञेयं परिज्ञाता त्रिविधा कर्मचोदना।
करणं कर्म कर्तेति त्रिविधः कर्मसङ्ग्रहः ॥ १८ ॥

The Knower, knowledge and the object of knowledge—these three motivate action. Even so, the doer, the organs and activity—these are the three constituents of action. (18)

ध्यानेनात्मनि पश्यन्ति केचिदात्मानमात्मना।
अन्ये साङ्ख्येन योगेन कर्मयोगेन चापरे ॥ २४ ॥

Some by meditation behold the supreme Spirit in the heart with the help of their refined and sharp intellect; others realize it through the discipline of Knowledge, and still others, through the discipline of Action, i.e., Karmayoga. (24)

तस्माच्छास्त्रं प्रमाणं ते कार्याकार्यव्यवस्थितौ।
ज्ञात्वा शास्त्रविधानोक्तं कर्म कर्तुमिहार्हसि ॥ २४ ॥

Therefore, the scripture alone is your guide in determining what should be done and what should not be done. Knowing this, you ought to perform only such action as is ordained by the scriptures. (24)

Practical Application: Every action has a motive, even if one is not aware of that motive; we cannot act without an emotion motivating an action; but not all actions have a reason. A conscious value judgment (deciding something is good for me or bad for me) is always coupled with an emotion. The emotion then serves as a motivation. The emotion and meaning our minds attach to events ultimately counts more than the experiences themselves, since they condition our willingness to experience and pursue them. Being happy, open to change and optimistic also work the other way, making you predisposed to positively evaluating the task at hand, your life and what the future brings if you accomplish your objectives. This can help you get motivated and discover what drives you. One of the best things you can do to create mastery in any area of your life is to raise a belief to the level of conviction. Convictions are at the core of what motivates you in life. Finally, take action. Each action you take strengthens your commitment and raises the level of your emotional intensity and conviction. *There are 3 karanas as Manas-Mind, Vaak-Speech, and Karma-Actions. Purity and Perfection comes when all 3 are aligned.*

Therefore, Our Feelings/Emotions/Convictions as motivators drive all our actions and hence it is important to stay in control of them with a cool and stable mind with the help of right meditative practices and commitment to the right knowledge in the right direction.