

# ***Karma Yoga, the Mother of All Balms***

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**Vedanta friend:** Checking in on you, old friend, and trusting you're doing okay... Vertical now??

Well, it's my turn and I have been flat on my back for 10 days now with a ruptured disc. The pain is exquisite, but I am running my *yogas* and inquiry.

I'm not looking for a different experience, but remembering that it's all known to me.

In the words of a wise man, "Easy Saturday, friend."

**Daniel:** *Isvara* sure has been blessing this *jiva* with some good vertical fuel as of late. Thanks for your kind thoughts, brother.

I'm sorry to hear of your *jiva's* strain. But I'm happy to hear that it's being utilized in your *sadhana*. Pain can be used as a great tool in one's inquiry.

"Not looking for a different experience, but remembering that it's all known to me." Your hard work and devotion to the truth has clearly paid off, brotherji. This statement demonstrates perfect discrimination.

May *Isvara* bless your *jiva* equipment with full mend as soon as possible.

**Vedanta friend:** So good to hear, Danielji. As always, your words are valued and appreciated.

*Karma Yoga*, the "mother" of all balms. ☺

**Daniel:** Yup – gotta keep that *karma yoga* muscle flexed at all times! It sure is the mother of all balms.