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**Ethical Actions as Karma Performed with Swadharma -
Ancient Spiritual Wisdom in Srimad Bhagavad Gita**

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Abstract:

Any action performed by the spirit or soul through the body is called Karma. The soul itself goes through different stages Sato-Rajo-Tamo in the cycle of time. The inculcation of the innate virtues of the soul called Dharma varies across the cycle, the inculcation being complete in Sato stage leading to complete synergy of Dharma and Karma (Swadharma) and incomplete in Tamo stage (Paradharma) leading to least synergy resulting in varieties of Karma as described in the Bhagavad Gita. This paper explores the ethical actions as Karma performed with Swadharma based on the ancient spiritual wisdom in Srimad Bhagavad Gita.



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