

**Sewa — HELP without any expectation or any kind of reward...**

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Maybe you have heard the hindi proverb “Karma karo phal ki chinta mat karo”. That’s the true meaning of sewa and means: when you help someone without any greed of getting any reward. Because if you expect or ask for something after helping it’s actually not a help, but a favour, so just do it with love and full of your heart. And if you really do it like this, one thing you always get in return: Happiness, because you truly did something good to somebody. That means you should just do your duty and shouldn’t worry for your reward, because just remember: everything comes back to you, no matter in which form, bad will get bad and good will get good.

Sewa not only means to give someTHING like a gift etc., it’s also a great help when you just make someone happy for example when you see elder people coming down the stairs you can give them support, but the best Sewa is sharing your time and knowledge for example if you play with kids or read stories for them you make them happy. Sewa should always be accompanied with smile, only then the sewa comes to it’s worth, because if you do it with an unhappy face firstly you’ll not be happy and secondly the other person won’t take the help in a positive and serious form.