

# SEWA

Name: Laalitya

Age: 8 years

Hss Frankfurt

Sewa is a Sanskrit word meaning selfless service without expecting anything in return from others, and perhaps considered the most important part of any spiritual practice.

It is a challenging task. While many of us feel drawn to help others, our thinking mind, or the ego, tends to drop in and voice its own thoughts.

But when we serve with the essence of Sewa in mind, we begin to see the infinite of ways the ego is standing in front of the heart.

Sewa ultimately becomes a practice of purification.

While the ego mind may tell us we need to force ourselves to serve, it's when we shift into the spirit of Sewa that we realize we

are naturally kind. In other words, we are naturally moved to serve others.

In the Bhagavad Gita, Krishna tells Arjuna, "Dedicate all your actions to me. Then your mind will rest in the Self, free of the wishing and selfishness fever."

Yajna means selfless sacrifice. It is a beautiful way to practice Sewa in daily moments, and reminds us that we can spend our whole life in service—not just those moments the mind deems appropriate.

"Sewa is the sweetest  
selfishness for self  
satisfaction!"

Thankyou!!