

Vol. 4 | AUGUST 2019 Issue

# The Eagle Tribe

## Magazine

**SEVA AND  
PERSONAL GROWTH**

**HEALING PAST LIFE  
TRAUMA**

**REDESIGNING LIFE  
FOR THE 40 PLUS  
WOMEN**

**ACUPRESSURE**

**THE ART OF MANIFESTING**

**AGNI - THE  
DIGESTIVE FIRE**

**CHAKRA**

**DEATH**

**MY JOURNEY WITH  
LOVE**

**MYTH OF  
PERFECTIONISM**

**MIGRAINES**

**ASTROSCOPE**



# SEVA AND PERSONAL GROWTH



This is part of the ongoing series on *seva*  
(service to plants, animals, humans and spirits)

**T**he purpose of seva or selfless service is somewhat similar to taking a selfie.

When we perform an act of kindness or a helpful gesture, it is captured as a photographic memory and stored by our subconscious mind, where it gets reflected upon, over time. When such acts are performed regularly, we realise that our outlook changes and the desire to help spreads far beyond our close circle of friends and family.

To serve, one doesn't necessarily have to be affluent or philanthropic in nature. Feeding the birds, watering a plant, or for that matter, casting a handful of sugar in the mud to feed the ants, are all forms of service. It is the intent that matters; one which is backed by a selfless motive.

While the essence of seva is all about service without expectation, in the beginning it's normal to feel a sense of in-

ternal satisfaction - a feel good emotion, since most beings rarely engage in activities worthy of self-admiration. However, at some point in time, the feeling of satisfaction evolves to an attitude. It's a shift in the mindset that's not backed with emotion but dictated by habit, similar to an act as habitual as waking up in the morning and brushing one's teeth. There is no internal satisfaction to be sought, just routine robotic action.

Whether one believes in the afterlife or not, one needs to perform certain acts or deeds of kindness to earn spiritual currency. Being kind, helping another person, giving your time to ease someone else's pain are some of the ways to earn goodwill from those being served. This positive sentiment is a vibration of energy that adds to the aura of the person doing the seva, making him/her spiritually wealthier.

Moreover, seva helps shed the baggage

of arrogance and ego, two limitations that keep us rooted to our individual identities rather than embracing the universal principle of oneness. Shedding this baggage in turn makes it easier for us to accept ourselves as a part of billions and trillions of life forms, and to treat all with empathy and respect.

Eventually, one begins to recognise that the divinity in temples, mosques and churches, exists not just within those abodes but in all life forms equally. Identifying with this realisation, even partially, means that you are already divine.

The outlook towards life changes from one of external admiration to internal self-worship. For in the service of others, lies the service to the self. And as we evolve, we realise there are no others.



**By Hingori**

The thoughts expressed in this article are inspired by the philosophy of Gurudev, a spiritual guide extraordinaire. You can read more about his philosophy in the Hingori Sutras [www.hingorisutras.com](http://www.hingorisutras.com)

