

Selfless Service

This satsang explores selfless service—what it is, its benefits, and how we can incorporate seva into our own lives.

Welcome

Every satsang should begin with the reading or reciting of an introduction to Science of Spirituality, which briefly welcomes everyone, explains the purpose of Science of Spirituality and Satsang, and gives a brief introduction to Sant Rajinder Singh Ji Maharaj.

Here is a sample Welcome message:

Welcome to our Satsang, or spiritual program, which is sponsored by Science of Spirituality, a non-denominational organization dedicated to Love, Unity and Peace.

This program is held under the direction of Sant Rajinder Singh Ji Maharaj, a spiritual Master who teaches the Sant Mat method of meditation on the inner Light and Sound of God.

Each week our group gathers to meditate together, reflect on the words of the great spiritual Masters, and spend some time with others who share the goal of leading a spiritually enriched and fulfilling life.

Introduction to the Theme

This segment introduces the satsang theme and sub-themes and sets up the readings and other features that follow. The introduction is spoken by the presenter using his/her own words.

Introduction by Satsang Coordinator:

We'll begin the program today with these thoughts from Sant Darshan Singh Ji Maharaj, which beautifully express today's theme.

Sant Darshan Singh Ji Maharaj

Having been blessed by God with the human form, we have a dual responsibility. One is to develop spiritually ourselves, and the other is to love our fellow beings, for we are all truly brothers and sisters in the Universal Father. Along with the inner side of their teachings, all great saints emphasized the importance of love for all. They themselves are embodiments of love and compassion.

Jesus said: "This is my commandment, that ye love one another as I have loved you." What did he mean by the words, "As I have loved you"? In St. Paul's Cathedral in London is a life-size marble statue of Jesus writhing in pain on the cross. On the base of the statue is inscribed: "*This is how God loved the world.*" As Sant Kirpal Singh Ji Maharaj often repeated, love is another name for service and sacrifice. It is not through pious platitudes or mere lip service that we express our love, but by our actions.

Let us peep into our hearts and see whether we find the love of God reflected there. Do we feel sympathy and compassion for the downtrodden and forsaken? Do we reach out to help those who are helpless, those who are suffering, those who have nowhere else to turn? If we can answer yes to these questions, then we are fortunate indeed, for we are on

the correct path— one which will not only illumine our own selves, but will help illumine the world. If we can not answer yes to these questions, then let us resolve to put the message of the Masters into practice in our life.

Sat Sandesh, February 1987

Continuation by Satsang Coordinator:

The theme for today's program is selfless service. In Science of Spirituality we call this *seva*, a Sanskrit word that means giving of oneself for the welfare of others, without any expectation of return.

This is an especially appropriate topic as we are about to enter the holiday season, a period marked by open-heartedness and love.

We will learn what the Masters of Sant Mat have to say about true service, and how love, giving, and sacrifice are the cornerstones of a spiritual life.

In our first reading Sant Rajinder Singh Ji Maharaj explains the real value of *seva*.

Selflessness

Source: Inner and Outer Peace through
Meditation

Selflessness

excerpts by Sant Rajinder Singh Ji Maharaj

Sant Rajinder Singh Ji Maharaj:

There is a beautiful story from Persia of a man who prayed to God to show him who was the most devoted to the Lord. God appeared and told the man to visit the home of one of His devotees in a certain village. So the man set out to the place where God directed him. When he arrived there, he found the devotee had never taken the pilgrimage to Mecca. "What sort of a devotee is this?" the man wondered. When he asked the reason for his not visiting the holy city, the man told him that he had finally saved enough money to make the trip, but a neighbor approached him, begging for money for his starving family. The devotee gave him the money he had saved, and was not able to make the trip. The visitor then told him, "Your pilgrimage has been accepted. God has told me that you are His greatest devotee. By serving your fellow beings, you are the true devotee and servant of God."

Every religion extols the importance of giving of one's self for the good of others. There are anecdotes from different religions that relate how someone has found favor with the Lord because he or she has helped one in need. Even if a person is not a saint or a holy one, his or her status is raised in the eyes of God due to a noble gesture which leads to the relief of another's suffering.

Selfless service presents to us a paradox. To truly perform selfless service, one must act without any desire for a reward or recognition. It is given freely, motivated by an innate desire to help another. At the time of

giving, one forgets one's own needs and wants, as well as one's comfort and safety, to help someone else. There are even those who give their own lives to save others. Truly selfless people do not expect anything in return for their deeds. The underlying paradox of selfless service lies in the fact that while wanting no reward, selfless service elicits the highest reward – the pleasure of the Lord.

This benefit may seem to be intangible. But for those of us who are interested in spiritual development, it is the highest gift we can receive in life. One reaps the benefits when one sits in the silence of one's own self and finds the inner door of Light, love and peace open with ease. These treasures flood selfless souls, filling them with an inner joy and fulfillment beyond any we can receive from worldly attainments. Sant Darshan Singh Ji used to say that the benefit one receives by performing selfless service is as great as one receives by putting in an equal amount of time in meditation.

Leading a life of nonviolence, truthfulness, purity of heart, and humility contributes to the equanimity of mind required for fruitful meditation experiences. But selfless service provides the ingredient of grace which helps open the inner gates.

When we help someone, our heart expands. It reaches out to embrace another as a member of the one human family. This act alone opens up our soul. As our love for others flows out, God's love for us can pour in. As this exchange takes place, our soul currents begin to rise up to the point at which we can experience the divine Light within us. Our meditations receive a boost, and our soul, filled with peace and joy, transcends to higher states of consciousness. Thus, it is through selfless service that we speed up our progress towards the attainment of inner peace and ecstasy.

Video Feature

Video instructions Show the following video at this point in the program. The video can be found on Science of Spirituality Satsang Themes DVD series.

Introduction to the video (to be spoken by the Satsang Coordinator)

In our first video Sant Rajinder Singh Ji talks about how listening with love is an important aspect of selfless service.

Satsang Themes DVD	
Master	Sant Rajinder Singh Ji Maharaj
Volume	11
Satsang on this volume	3
Chapter	1
Length	5:40
Original DVD Title	134 – Communicate

From Private Life to Public Life

Source: Nourished by Divine Love

excerpts by Mata Harbhajan Kaur Ji

Introduction by Satsang Coordinator:

We in Science of Spirituality are fortunate to have many great models of service. The next reading is about two of them. This is a personal account of the start of Sant Darshan Singh Ji's mission by his wife, Mata Harbhajan Kaur Ji. It's an instructive reading because she addresses an issue we all face as we strive to balance our personal needs with the call to service.

In this account, Sant Kirpal Singh Ji had just passed away, leaving the spiritual mission in the hands of Sant Darshan Singh Ji. Soon, hundred and then thousands of people began to arrive at the doorstep of their small apartment seeking spiritual upliftment.

Mata Harbhajan Kaur Ji:

Slowly, because of the mission, our private life became a public life. Our privacy gradually vanished without a single decision, nor problem, on our part. It just happened naturally. There was so much work to do, you just became engaged in it and forgot about the problems. I tried to make arrangements so there was a congenial atmosphere and everything would go smoothly.

The first Western lady to come was Estelle Clayton. In those early days, people were put up in hotels. So when they visited the house, they stayed for long hours. Naturally, we would say, "Would you like to have some food?" And some people were eating with us all the time. It was not unusual to have to suddenly prepare dinner for twenty or more people who my husband spontaneously invited to eat with him. My husband would

pay for all this food out of his own pocket. He never accepted any money from anyone. Within a short period of time, his entire savings account dwindled due to the cost of feeding so many people every day out of our own kitchen. When we ran out of money, our son, Raji, began sending money to help us.

I remember once in the first year of my husband's mission, I ordered two huge boxes of fruit for him since he enjoyed fruit very much. Later, when some people were visiting, my husband asked me to bring some of this fruit. I began searching for the two boxes and found only one. I asked where one entire box had gone, and I was told my husband had already distributed it to people who were visiting. Now, he was about to distribute the second box! I was not happy about this since I had ordered it especially for him. When I told him how I felt, he lovingly and sweetly said, "Let us make a resolve. I will not distribute the things that I can not see. If you want to keep something here, then keep it out of my sight!"

As the mission grew, I found I also became busier and busier. My husband would often request me to arrange for various gatherings and parties for the dear ones who were leaving to return to their own homes, or to celebrate their marriages, children's births, birthdays, and anniversaries. If someone was not well, I would often visit him or her at one of the guesthouses.

I saw how busy my husband was becoming. People would sometimes begin arriving at our apartment at Laxmibai Nagar at around four in the morning. My husband had to get ready for work and leave by 9:30 or 10:00 a.m. In between bathing, getting dressed, tying a turban, and having breakfast he might see twenty to thirty people who were crammed together in our small living room and veranda.

Sometimes there were so many people that if I wanted to take a nap there was no room for

me to lie down. People would end up sitting all over, even in my bedroom. Sometimes I would sleep on the dining room floor and sometimes on the roof. Sometimes I would put two or three chairs together on the outdoor veranda and lie down there. Sometimes I would just lay a sheet on the floor to sleep on. For four years, I would sleep like this.

It was not easy. When Master Darshan would eat, he wanted everyone else to have the same type of crockery and the same type of food as he did. He would not allow us to serve him some special dish on some special plates. We could not keep any special glasses, cups, or plates for him. He wanted everyone to have the same as he did. If a special dish was cooked for him, he would insist that it be served to everyone else as well. He wanted to have people around him. He wanted people to have tea with him. He wanted people to have lunches and dinners with him, so he could save time and talk to many people and satisfy them.

Throughout this period, I was made to understand that the mission was that of Master Kirpal's. It was Master's work and we should do our best. Because my husband and I were close, we would talk and sort things out. Sometimes there were so many people who came to see Master Darshan that I had to wait a long time to talk to him. If there was a line of people waiting to see him, I would sometimes put my name on the interview list. Whenever he saw my name, he would put it priority number one.

He made it all possible for us to deal with these circumstances. How he did it, he knows himself. Through all this, I never imagined him to be ailing. With one smile, flowers sprung up all around. When he listened and smiled, everything brightened up. Then it

would seem as if there were no problems and spring was all around.

Masters come here for the whole world. They can not be kept to one's self, closed up, or tied up. I knew I could not bind him to myself totally. I understood and knew that I had to let him go freely. He would say about me, "She has her own domain, and I have my own." I did not interfere in his domain, but I was by his side when he needed me. I had the domain of catering to the people, who came to see him. That was my service to him.

The Opportunity to Serve

Source: Sat Sandesh

October 2002

excerpts by Sant Rajinder Singh Ji Maharaj

Introduction by Satsang Coordinator:

We may not have the opportunity to serve on the scale described in the account by Mata Harbhajan Kaur Ji, but as Sant Rajinder Singh Ji Maharaj explains in the following reading, opportunities for seva are plentiful for each of us, if only our hearts are open to them.

Sant Rajinder Singh Ji Maharaj:

We have numerous opportunities to help others. We can help people physically, emotionally, intellectually, financially, or spiritually. We can help people physically by tending to those who are sick. We can bring them medicine. We can take care of their physical needs when they are unable to help themselves. We can shop for them or cook for them. We can help people physically by lending a hand to someone who cannot lift a package, shoveling the snow out of their driveway, helping them get their car started when it is stuck, or lending a hand to someone building a house. We can provide shelter for the homeless and food for the starving. We can take care of orphaned children or homeless families. Our attitude should be that we are all one family of God. The same physical help we would give our own children or parents should be provided to any member of the human family.

We can also help people emotionally. Everyone wants to love and be loved. Yet there are many people who are missing love in their lives. Some people are orphaned or abused as children and never had the love of

their parents. Some people have no one with whom to live, and feel isolated and alone. Some elderly people lose their spouse or they have no children to care for them and must live unseen and unsung in nursing homes without any visitors. Some people just need a simple smile, a hello, a hug, and a warm comment from others.

Service in the emotional realm does not cost anything. It requires a simple connection between two human beings, which goes a long way in making the other person's life feel joyous. There is no dearth of opportunities to help others. We can smile to strangers on the street. We can say a warm "Hello" and "How are you?" to people whom we meet. We can find out who is lonely and pay him or her a visit. We can send a warm greeting card or flowers to someone to cheer up him or her. If we have a family, we can make sure those in our family know how much we love them. We can tell them we love them and show them in small gestures that we love them. We can treat all people in a loving way, since we are all part of one family.

We can also help people intellectually. Some people need help in solving a problem. We can help children with their homework. We can teach someone how to do something like build, plant, cook, sew, or perform a skill. Some people educate others through lecturing or writing. Some people produce music, art, poetry, sculpture, or dance to inspire and help others. These are also intellectual and creative pursuits. There are many ways to use our intellectual skill to help others.

We can help others spiritually. True spiritual service is done by a Master who initiates souls into meditation on the Light and Sound of God. This is the highest type of spiritual service. This service helps souls reconnect with the power of God latent within them. It helps souls start on their journey back to the goal of union of their soul with God.

Others may assist in different ways by helping people who are truly seeking to know that there is a place in which they can learn meditation that leads to communion of the soul with God. As in the story of Guru Arjan Dev Ji, there are many types of seva or service involved in a spiritual mission when people gather to learn meditation. People are needed to make arrangements for the gathering place. If food is served, people are needed to cook the food as free langar. Medical services are needed to help those who gather. Someone needs to teach the children and teens. Someone is needed to let people know of where the meetings are through announcements. People want to take back a record of the gatherings, so they like books, audios, and videos of the spiritual discourses. Some people need to help transport others to the meeting. Thus, surrounding the spiritual meeting of the Master and disciples are a host of jobs that are done voluntarily to make the experience as comfortable and wonderful for those attending as possible. All these services come under spiritual service, which enable seekers to come to learn meditation and reunite their soul with God. We may choose to be involved with this kind of service as well.

Service is service. It does not matter what form it is. Some people pick and choose their service by selecting those that will bring them honor, name and fame, or attention. That is not true selfless service. In true selfless service, we serve because it is needed and we do not care who knows about it or whether it is of one form or another. It is as much a service to clean a bathroom as it is to hand the Guru a cup of water to drink. All service is the same in the Master's eyes and in God's eyes.

So let us be as thankful as the poet is to God for any opportunity to serve. Some people

thank God for money earned or accolades. A true disciple is thrilled and overjoyed when given an opportunity to serve. Their prayers are, "Thank you for the opportunity to serve."

Video Feature

Video instructions Show the following video at this point in the program. The video can be found on Science of Spirituality Satsang Themes DVD series.

Introduction to the video (to be spoken by the Satsang Coordinator)

In this video, Sant Rajinder Singh Ji Maharaj talks about selfless service and the importance of meditation.

Satsang Themes DVD	
Master	Sant Rajinder Singh Ji Maharaj
Volume	11
Satsang on this volume	3
Chapter	2
Length	10:11
Original DVD Title	145 – Love and Devotion

Remembrances of My Father

Source: Love Has Only a Beginning

excerpts by Sant Rajinder Singh Ji Maharaj

Introduction by Satsang Coordinator:

Stories of service inspire us by example, but none are so moving as those incidents from the lives of the great saints and mystics. In this excerpt, Sant Rajinder Singh Ji Maharaj remembers an occurrence out of the life of his own father, Sant Darshan Singh Ji Maharaj.

Sant Rajinder Singh Ji Maharaj:

So important was selfless service, attending satsang, and meditation in my father's life that not even his own physical limitations would keep him from these. In fact, it was his deep love for service to his fellow beings that led to the development of an illness that would cause him immense physical suffering for twenty-six years. After the partition of India and Pakistan in 1947, there was a lot of rioting and bloodshed between Hindus and Muslims. It so happened that my father's Master, Hazur Baba Sawan Singh Ji, fell ill during that period. My father wanted to go to see him in Amritsar, where he was undergoing treatment, but it was difficult to get a train there at that time. He heard that one train was leaving that day, and, accompanied by his cousin, Sajjan Singh, he immediately rushed to the railway station. The only train to leave that day was so full they had to sit on the roof of the train. For the whole two-and-a-half-day journey to Amritsar, they remained on the roof. It was a rugged trip as the hot sun beat down upon them by day and the cold air chilled them at night. They also had little to eat or drink during the journey. Among those on the roof was a poor man who had no blanket. At night the man began feeling cold and started shivering. My father gave him his

own blanket to use during the journey. As a result of this train trip, my father got a cold which developed into bronchitis, and that later developed into chronic asthma. Previously, my father rarely got sick. Except for some childhood bouts of illness he remained in the best of health during his adult years. He was quite athletic and participated in a number of sports. So when he came down with the asthma he tried to ignore it and would not go to the doctor. Although he suffered silently with the asthma, he continued carrying out his satsang work and office work.

Years later, when I was a young boy, I remember that he finally had to submit and go to a doctor. He had no time to go to the doctor—Master's mission had started and my father worked so much. He went for some tests, and the doctors found that he was allergic to the pollen from the flowers. They decided to give him small doses of pollen so his body could build up immunity to it. The doctor suggested the method of desensitization by having graduated doses through injections. When he came back from the first injection he was breathing hard. Our neighbor downstairs was an administrator in charge of doctors. He called several doctors right away to attend on him. They discovered that instead of the usual one part in one hundred thousand dose, they had accidentally given him one part in a ten thousand dose, which was ten times the amount that should have been given. At this point, my father could hardly breathe. Yet when the doctors arrived, my father began reciting poetry and told them numerous stories. It was such a sight. The doctors were worried stiff about him and here was my father telling humorous stories! The doctors said, "We do not believe what is happening. This person here—we do not know whether he will live the next moment or not—we are worried to death about him, and here he is reciting poetry and telling us humorous stories to build up our morale as if nothing is going on!" This

incident was representative of my father's optimism and positive outlook on life.

* * *

One more incident comes to mind which showed me how the Masters work in mysterious ways, and how Master Kirpal Singh knew in 1972 what was to happen. My last physical moments with Master Kirpal Singh took place in 1972, in Miami, Florida, near the end of Master Kirpal Singh's third world tour. The sangat had gone to Miami International Airport to see Master Kirpal Singh off. He would be leaving America for the last time and traveling to South America. After sitting with him in one of the lounges, the Master went up to the departure area. He had passed through the passenger check and was waiting to board the plane. I along with the rest of the sangat was on the other side of the glass window receiving my last glimpses of him. Suddenly, I began to think of my father and began to worry about his health. It pained my heart so deeply that my father's health was so poor, and I was in America, so far away from him, unable to help him physically. This thought of my helplessness in not being there to aid my father brought copious tears to my eyes. I tried to control them, but they flowed out spontaneously. Master Kirpal Singh saw them, and motioned for me to come to where he stood. At that time I expressed my deep concern about my father's health and how I wished I, as his son, could be of assistance to him. The Beloved Master then told me, "Do not worry. Your father's health will be all right. Why do you have to worry when I am here? He is twelve anna (seventy-five percent) better than before and will be perfectly well very shortly." This was six months before Master Kirpal Singh took my father to Kashmir and healed him of his asthma. I am so grateful to the Beloved Master that the request I made in my last physical moments with him was answered. I am even more grateful that not only did Master Kirpal Singh heal my father, but also

gave my father the spiritual power to heal others—not only physically, but to heal their hearts broken by aeons of separation from the Lord.

Closing Meditation

Close satsang with ten minutes of meditation. Start the sitting by reading Maharaj Ji's Jyoti meditation instructions below.

by Sant Rajinder Singh Ji Maharaj

Meditation is a process whereby we withdraw our attention from the outer world and concentrate it at the seat of the soul. Through this method of concentration, we can transcend physical consciousness, experience ourselves as soul, and explore higher spiritual regions.

To practice meditation, we sit in any pose that we find most comfortable in which we can sit for a long time without moving. We should sit with enough distance between us so that no part of our body touches anyone, as this would disturb our concentration.

We should close our eyes gently and look straight ahead, focusing our attention in the middle of the darkness lying in front of us. That which sees the darkness is not our physical eyes, but is the third or single eye located between and behind the eyebrows.

Continue to gaze into the middle of whatever lies in front of you. Those of you who are initiated should mentally repeat the five Charged Names given to you at the time of initiation. Repeat those names slowly, with the tongue of thought. For those of you who are new here, please repeat any name of God with which you feel comfortable. Mentally repeat the name slowly while gazing in front of you. This repetition will keep the mind occupied and prevent it from wandering.

When light or inner vistas appear, continue focusing your attention into the middle of what you see and continue repeating the Names of God.

We hope you enjoy this meditation sitting. It will be for 10 minutes.

Closing

Closing comments, reading, etc.

Replace this text with a brief closing.

A closing generally includes:

- Thank everyone for coming
- Restate the mission of Science of Spirituality (Love, Unity, Peace)
- Explain other local programs
- Announcements
- Invite everyone to next meeting
- Share the topic of the next meeting:
 “Gratitude and Thankfulness”.

Closing quotation to be read before or after announcements, at the Satsang Coordinator’s discretion:

We’ll close today’s program with these beautiful words from a poem by Guru Nanak:

*I have turned my heart into a boat,
I have searched in every sea;
I have dwelt by rivers and streams;
I have bathed at places of pilgrimage;
I have eaten bitter and sweet;
I have seen the remotest regions.
And this I have learned, that he is the True
 Man
Who loveth God and loveth man,
And serving all abideth in Eternal Love.*