

Seva: Cleaning Teachers Notes

1. Seva "selfless service", work or service performed without any thought of reward or personal benefit. In Sanatan religion (Hindu religion) are encouraged by the scripture to perform Seva or Selfless Service. This is not only good for community relations but also is good for the moral uplifting of the person.

- Helping mum and dad is as responsible person duty- Volunteer work; selfless service;
- Helping poor and needy is duty as human being -Volunteer work; selfless service
- Serving Bhagwan is for salvation to serve your ultimate guru (swami)- work offered to Bhagwan selfless service

2. Explain why it is important to understand what Seva is, including:

- Seva is meant to be done selflessly. It is done without ego
- Seva can be done in the home, at the Mandir or within the community
- Seva is done whenever you are free. One should make time to do Seva

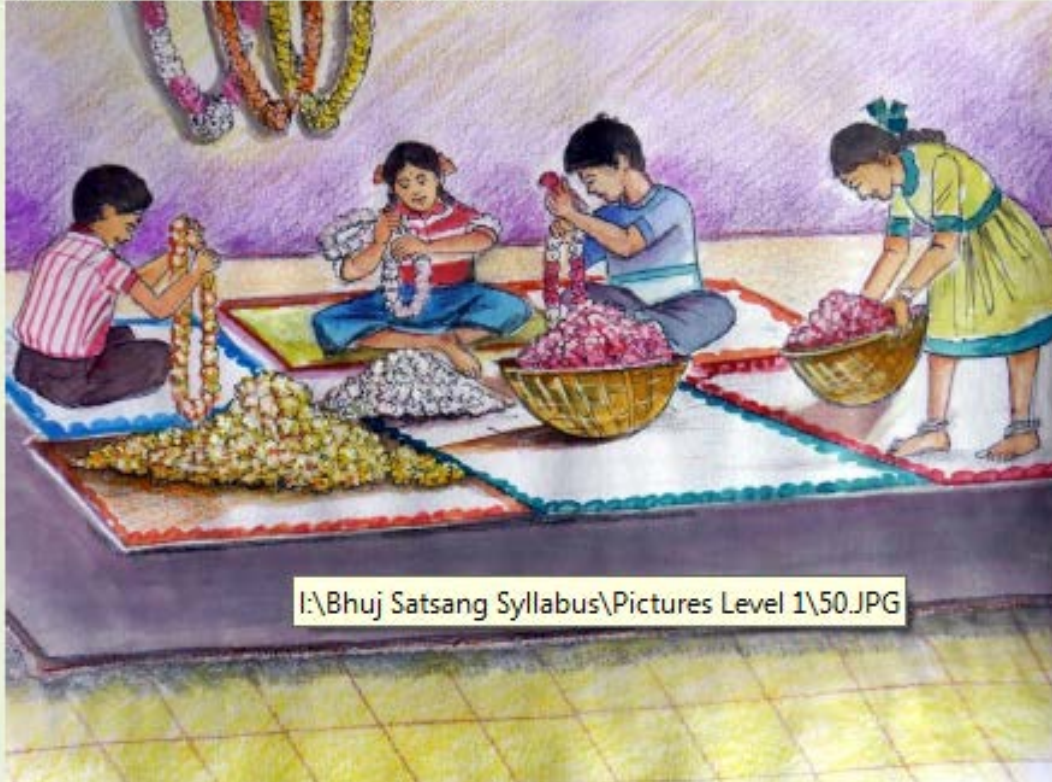
3. Talk through each task and get the students to identify which person is performing the Seva

Task	Person 1	Person 2	Which person is doing the Seva	Type of Seva
Rubbish seen in a Mandir	He picks up the rubbish and puts it in the bin	He picks up the rubbish and puts it in the bin because someone has said he will be paid to do it	Person 1	Physical Seva for the Mandir
While walking on road to Mandir a for Mandir festival	He is looking around at the scenery and whistling joyfully	He is thinking what he will do for the festival and how will he perform Seva for the event.	Person 2	Mental Seva for the Mandir
Two people see an old person in need of help	He stand and watches until someone tells him to go and help the old person	He straight away goes to old person and ask him if he can be of any help to him	Person 2	Physical Seva in the community
Two people are told by phone at their home that they have to clean Mandir carpet or floor	He said okay when I will go to Mandir I will see then	He phones the Mandir and finds out what Seva needs doing. He gets all the material ready and organizes it all by telling others.	Person 2	Mental and Physical Seva for the Mandir
He has got a new job and has just paid.	He donates part of his money to the Mandir	He spends his money on sweets and chocolates	Person 1	Money Seva

4. Whilst looking at the images we can say:

- This Seva is called Daasatva Bhakti which they will know in detail in future lessons. Daasatva Bhakti means they are like a servant.
- One should follow the commandments of Bhagwan by:
 - Cleaning the Mandir
 - Help in building works of the Mandir
 - Gardening
 - Making flower garlands (haar)

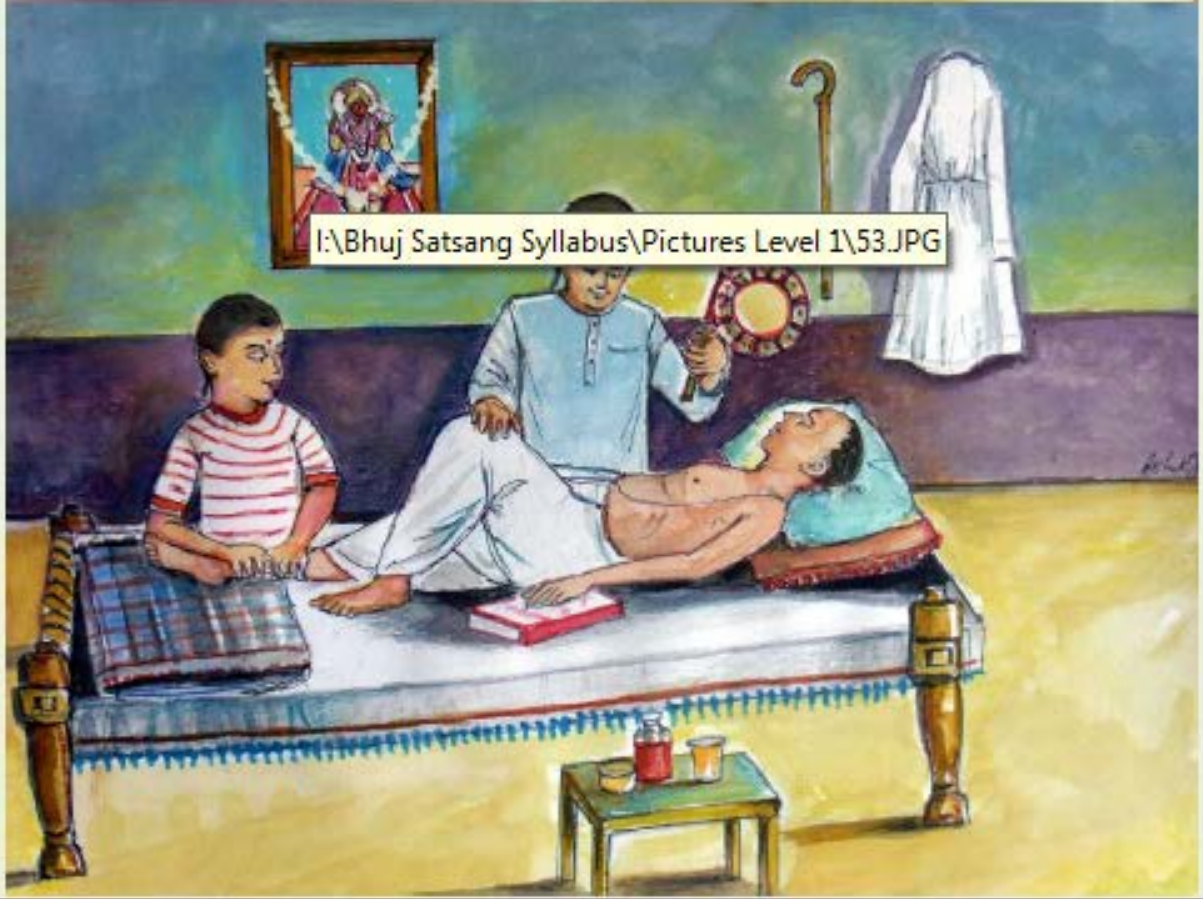
- Decoration of the Mandir for a festival
 - Preparing and cooking meals for Bhagwan and Devotees
 - Serving food to Devotees during festivals
- During construction works Saints and Devotees all help out. This was all for free and no one got paid any money. Devotees use to spend 10 to 14 hours a day, 7 days a week until works have been completed.
 - Young children come after school and help out at weekends
 - Are cooking or doing Seva for Bhagwan daily?



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