

# 40 Days of Self-Love

*“Self Love, is the **FOUNDATION** of All Evolution.”*

## WEEK FOUR

### SELFLESS SERVICE, SELF LOVE

#### *Seva*

Seva means service. In Sikhism, seva refers to selfless service for altruistic purposes on behalf of, and for the betterment of a community. Sikhs have a tradition of seva. A sevadar is one who performs seva through philanthropic, voluntary, selfless service.

Being of Service is the one thing I find to be a sure way to come back to center. I have had many days where I am off balance; a disagreement, physical pain or just a cranky morning has gotten to me. I have seen it happen over and over again; I offer my services and change the pattern.

Even helping someone at the grocery store to reach something, to read something to answer a question; it shifts me right into gratitude.

*“I slept and dreamt that life was joy.  
I awoke and saw that life was service.  
I acted and behold, service was joy.”*

*Rabindranath Tagore*

In our day-to-day work we can be of service by being present, being helpful and being kind. But what if you took a few minutes EVERYDAY to see where you could be the most useful? What if you opened your heart to the possibilities of service and asked the Divine to show you how to be of service today?



*Eva Maurice*  
SPIRITUAL COUNSELOR

## Seva cont.

There are soup kitchens, food banks, hospitals, long term care facilities, children's programs, women's shelters, homeless shelters, organizations that clean up, help out, and give to those in need.

What if you gave 1% of your time to a cause that moved you? You could start in your own town, at your kid's school, at your church or synagogue, at the animal shelter. Or just go pick up trash in your neighborhood or on the beach or at the creek. You see, there are many ways to seva; find yours and open up a whole new journey. Many people find their calling in service, some find sheer joy and some find deep gratitude. Being of service will be different for everyone but it will be rewarding for sure.

Think of how you love to receive a beautiful gift...and how good it feels to give a gift...hard to say which one feels better right? Being of service centers your soul in the bigger picture, it brings clarity to our prospective, it shines a light on where we are on our path. Don't make it a big task...try asking the Divine for a little help.

Say this prayer every morning and be gentle with yourself, take the risk to offer your help, be of service every day in every way. This is seva

*"Beloved Spirit...please show me how to serve today, where to go, who to meet and what to say.  
I am open to serve however needed. I trust the opportunities will present themselves as  
I walk into my day with gratitude for all I have to offer. - So it is..."*

Begin the process of seva by serving your Authentic Self. Allow the Ego to rest while you ask Authentically what it is the you truly need in your life. Begin by giving yourself one of the things that feels present for you to receive honestly and lovingly.

*You cannot give what you don't have.*



*Eva Maurice*  
SPIRITUAL COUNSELOR

## Seva cont.

*Be sure you are giving to yourself this week and always by continuing to practice the foundation, making decisions in alignment with your SoulCore words and Speaking and Hearing Truth.*

*And, now practice seva.*

### Seva:

- Serve your Authentic Self with curiosity, care, and kindness.
- Serve others with love.
- Serve the highest good, always.

