

Seva or social Responsibility as per AOL, Sri Sri Ravi Shankar

1. when you do seva, do it in a group, that leads to a rise in enthusiasm and is less tiring
2. What is meaning of Seva? We do our job and we do seva, too. Both are different. You do your job for livelihood. Seva means 'seva- doing like Him'. God has given you everything, whether you remember him or not. He wants nothing in return. Do work and the way that will make other person happy. The reward of Seva comes only when you want nothing in return. Service can be anything, The world does not expect you to do things which you cannot do. Doing what you can do without expecting anything in return is service. There are two ways. Either we expect joy out of what we do or we do it with an expression of joy. This is the difference between seva and job.
3. What service one may do at AOL? There are many ways. You may become a teacher or volunteer of AOL. You can help in schools for rural children. Thousands of them are studying and thousands are waiting to get admission. You can participate in the 'dollar a day' project. One dollar a day can educate and provide medical, food and clothing for a child. These children are otherwise forced to work at a young age, and they get in violence without a value-based education. If you want to take up any other projects, you are welcome. If you want to give your time, say six months or one year, you can go places where you can bring peace to people.
4. Apart from the joy one gets in service, is there anything else also that one gets? You get what you call good luck. Doing service increase your luck. However doing service in order to enhance luck will be cheating. You do service because you can not live without that. Do whatever you can in your capacity. Service is that, which is needed by the people.
5. I am not having a good meditation. What should I do? If you are not having good experiences in meditation, then do more seva. You will gain merit and your meditation will be deeper. When you bring some relief or freedom to someone through seva, good vibrations and blessings come to you. Seva brings merit and merit allows you to go deep in meditation. Meditation brings back your smile. When you make seva the sole purpose of life, it eliminates fear, focuses your mind and gives you meaning. Be grateful for any opportunity to do seva.
6. Inspiration? There are two ways of going about work. One is wishing to do something. You can always find inspiration for this. Another is that, since you already have something you want to do is expression of joy. Infinite joy is what we have all been born with. Give joy by sharing yourself with everybody. So we need to bring this shift from joy of receiving to joy of giving.
7. What is the role of service in order to have contentment? We should have a goal in life. My goal is to bring happiness to more and more people. If we keep thinking about ourselves all the time, we will be depressed. We should see, how we can be of service and be one of use of others. This thought is very useful. We can help reduce violence and stress, create a sense of belongingness, and spread the positive vibration of love and peace. Have a vision. Move with confidence. Move with that vision in your

life and share this joy with others. We need to bring our joy to more and more people around us. The society is to be benefitted through you