

3HO FOUNDATION INTERNATIONAL

Summer eSaistice

JUNE 18-21, 2021

Seva



Table of Contents

3

*Seva: Making
a Difference*

4

*The Song of
Seva*

5

*3HO
Luminaries*

6

*Supporting
Mission-
Driven Work*

TOGETHER, WE CAN MAKE A DIFFERENCE

Serving is what we do and who we are. Those who have attended Summer or Winter Solstice Celebrations know that Service and the Karma Yoga teams are a major part of the Solstice experience. The tradition of selfless service is called *seva* and can take on many forms. It can take on the form of Karma Yoga, where we clean a common sacred space, or cook food for others, as we do in community at our in-person events. Seva can be talking with someone who is in despair. Listening to them, being supportive, and allowing your presence to help ease the pain. The common denominator is that the focus is on someone or something outside of yourself. It is a service that needs nothing in return, not even acknowledgement.

Even though we are unable to gather in person this year, the tradition of *seva* is very much a part of our online experiences and a core value of our Kundalini Yoga community. To bring that spirit into our eSolstice, we would like to provide a few ideas for how we can all serve during this time of great need and make *seva* a central part of the eSolstice experience.



THE SONG OF SEVA

When was the last time you felt a connection to other people? Have you been searching for a way to do this?

The irony of this day and age, known to some as the age of communication, is that it has never been easier to communicate with people from all over the globe in record time, yet many of us feel even more disconnected from fellow human beings than ever.

The rapidity and bulk of information erodes its quality and human color, and can often lead to people feeling overloaded, as the song above suggests. If this rings true to you, then perhaps seva is the answer you have been looking for. The word seva comes from Sanskrit and literally means “string.” It implies the inherent interconnectedness between human beings. It is through service that this connection is re-established. As a guide to help you remember what seva is, here are four handy reminders:



Selflessly

devote yourself completely to your task, and do so with love. If you are asked or offer to do dishes or wash the floors, do so completely. With every brush of the mop or the scouring pad, recognize that there is no unimportant task, and that all acts are acts of love. Selflessly devoting yourself is honouring the divine light within you and recognizing the same divine light within others.



Expect

nothing in return. Too often we give our time or energy and expect something in return. Some wait for the favor to be returned, while others anticipate the recognition from a colleague, friend, relative, or supervisor. When expectations are attached to the gift of seva, then it is bound by conditions. Rather, see if it can be a gift of love.



Value

the string that is inherently present when doing seva. Honor seva for what it is—a connection to your inner self and to others.



Accept

others just as they are, with loving eyes. While you're at it, accept yourself as you are too! Don't try to change anyone, including yourself, in the process. Simply let your acts of seva reconnect you to the You in you.

3HO LUMINARIES

INSPIRING STORIES OF SERVICE

At 3HO we've been inspired by the stories of service from our fellow Kundalini Yoga Teachers who are part of the [3HO Luminaries Program](#). These extraordinary yogis are serving underserved communities all around the world.

Consider taking part in our Lunch with a Luminary program - where Luminaries Vlad Loginov and Lily Maria Anderson will offer insight and wisdom into seva and the challenges and opportunities provided by recent global events. Offering advice to those interested in setting up seva projects in their home communities, this conversation promises to be inspirational and practical. Grab your lunch and join in the conversation!



SUPPORTING MISSION-DRIVEN WORK

Although financial donations help non-profits in their mission-driven work, we all have the capacity to give generously in a multitude of ways. Whether it's making someone smile, helping a neighbor out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of kindness counts and everyone has something to give.

OTHER IDEAS FOR GIVING BACK TO YOUR COMMUNITY

A seemingly small act of kindness has the power to inspire generosity that can permeate society and catalyze change. Buy someone's lunch, text someone to tell them you're grateful to know them, or compliment a stranger. It matters more than we can ever know. Get more ideas from [Pay It Forward Day](#).

Organize a donation drive. They're a great way to rally a group around a cause you all care about. Collect toiletries, food - just about anything can be the focus of a donation drive. Be sure to check in with the non-profit you're collecting for before you begin.



By volunteering, you can make a difference to people & organizations in your home community, develop new skills, and learn more about issues that affect your community. Try to connect with a local non-profit in your neighborhood or check out [VolunteerMatch](#), [Points of Light](#), or [Idealist](#).

By lending our voices to advocate for the causes and issues we care about, we can all be activists who affect the kind of change that makes our world a better place. Get some great ideas at [DoSomething.org](#), or and don't forget that you can make change in your local community.

Many non-profits are understaffed or operating on a small budget and can't afford the marketing, HR, technology, or planning resources that their missions deserve. Consider giving your skills!