

Quotes By Sri Sri Ravishankar Ji On Seva

Seva is just an expression for our inner love.

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; merit allows you to go deep in meditation; meditation brings back your smile.

When you make service the sole purpose in life, it eliminates fear, focuses your mind, and gives you meaning

Behind everything is your ego: I, I. But in seva there is no I, because it has to be done for someone else. It is for the need of the time, or surrounding people, that you do it.

Be grateful for any opportunity to do seva.