

Seva - Selfless Service

Service that is made without attachment or expectation for reward is considered one of several spiritual practice. When we offer our service to others, the state in which the offer of service is made is as important as how actions are carried through. Swami Chivilasananda established 5 criteria for evaluating whether one's offer is truly selfless service: attitude (service should be free of pride); intention (true service is given for the benefit of others); expectation of reward (money or power attained through service changes the nature of the offering); willingness to serve (serving fully, not holding back); and doing your best (performing with all your skill and energy). What in your life do you offer as service? How can your practice of hatha yoga help you experience the joy of seva?

Ansanas



Dancing Cobra



Anjaneyasana



Passive Backbend Prep



Salambasana



Natarajasana



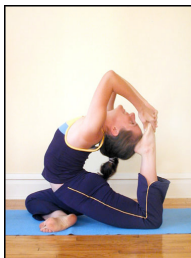
Dandasana



Eka Pada Bhekasana



Pigeon Prep



Pigeon



Janu Sirsasana



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Application. As I teach and as I practice yoga, I remember the 5 points and consider ways to enhance my offering of the practice. This also carries into my household chores and in my work activities. Remembering seva-- the practice of selflessness in action is such a valuable way to enhance the spiritual teaching and to make your practice a devotional offering.

Photos by Joel Wright and Alyce Henson.
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