



"Gharib Da Muh - Guru Ki Golak." - Feeding the poor is like feeding the Guru (teacher)

Sevā (also transcribed as sewa), in Hinduism & Sikhism, is the concept of selfless service that is performed without any expectation of result or award.

- involves acting selflessly & helping others in a variety of ways, without any reward or personal gain.
- is a way of life for many Sikhs & is part of their daily routine.

Sikhism teaches that sewa is an act of service towards Waheguru & therefore must be done regularly in order to become closer to Waheguru. It helps Sikhs to become gurmukh (following the way of the guru) & show their faith towards Waheguru. (means '**wondrous enlightener**'). Sikhs believe that there is only one God, who created everything. They believe that Waheguru must remain in the mind at all times.)

Sikhs perform sewa in a variety of ways, such as helping the sangat & the local community. Many Sikhs perform much of their sewa by helping at the gurdwara, including cleaning, washing dishes or serving in the langar.

Performing sewa is important because:

- It demonstrates belief in equality and the importance of all people.
- By serving others, Sikhs show humility. This is because serving others shows that Sikhs do not believe they are better than anyone else.
- Showing love and respect by helping others shows love for Waheguru.
- It helps Sikhs to become more gurmukh. This is because it helps them to develop the virtues of truth and truthful living, compassion and patience, contentment, humility and self-control, love, and wisdom and courage.
- It stops Sikhs from becoming manmukh, (*following one's mind*) because their focus is on the needs of others rather than themselves.
- It helps Sikhs to move away from the five vices of anger, pride, lust, greed and attachment to material possessions.

One who performs selfless service, without thought of reward, shall attain his Lord and Master. **Guru Granth Sahib 286**

Some Quotes from Siri Guru Granth Sahib about the importance of Seva

This body is softened with the Word of the Guru's Bani;
you shall find peace, doing seva (selfless service).
All the world continues coming and going in reincarnation. ||3||
In the midst of this world, do seva (selfless service),
and you shall be given a place of honour in the Court of the Lord.
Says Nanak, swing your arms in joy! ||4||33||

Siree Raag - Guru Nanak Dev Ji - Sri Guru Granth Sahib Ji - Ang 25

One who works for what he eats, and gives some of what he has
- O Nanak, he knows the Path. ||1||

Raag Saarang - Guru Nanak Dev Ji - Sri Guru Granth Sahib Ji - Ang 1245

If you are wise, be simple; if you are powerful, be weak;
and when there is nothing to share, then share with others.
How rare is one who is known as such a devotee. ||128||

Salok Fareed Jee - Bhagat Sheikh Fareed Ji - Sri Guru Granth Sahib Ji - Ang 1384

Do seva - selfless service; follow the Guru's Teachings, and vibrate the Lord's Name,
Abandon pride, falsehood and arrogance.
Remain dead while yet alive, and you shall be welcomed in the Court of the Lord. ||3||
Raag Gauree - Guru Arjan Dev Ji - Sri Guru Granth Sahib Ji - Ang 176

Selfless service is the support of the breath of life of the Gurmukh.
Keep the Dear Lord enshrined in your heart.
The Gurmukh is honored in the Court of the True Lord. ||1||
Raag Gauree - Guru Amar Daas Ji - Sri Guru Granth Sahib Ji - Ang 229

One who performs selfless service, without thought of reward, shall attain his Lord and Master.
Raag Gauree - Guru Arjan Dev Ji - Sri Guru Granth Sahib Ji - Ang 286

According to Guru Nanak Dev ji:

There is only one God his name is the only truth, he is the only creator, he is fearless, he is without hate, he is immortal and he is beyond birth and death.

His belief is to do honest earning & perform selfless sewa (service) without thought of any reward and he who performs this kind of service shall be welcomed in the court of Lord.

At very young age he put his thoughts in to practice by feeding the hungry saints with the money given by his father to do some shopping. As his father was a business man he didn't realise his feelings, got very angry & sent him to his sister's house in order that's he can teach him some sense. But his sister recognised him as he was not an ordinary child.

She asked him to join her husband's business. Even there, while he was selling grains, he wouldn't count after number 13. The number 13 in Punjabi is teerah. It also means "God all belong to you, nothing is mine". And he was giving away all the grains to poor and needy without counting.

According to him feeding the poor is feeding God. All the world continues coming and going in incarnation, in the midst of this world do Sewa: selfless service, help the poor, remain dead while yet alive help each other.

And this is how Guru Nanak Ji started the tradition of langar. FREE FOOD FOR ALL WITHOUT ANY DISCRIMINATION.

Now our duty is to carry on Guru Nanak's principals to make sure that no body goes hungry.
Waheguru ji 🙏🙏🙏🙏🙏🙏

Sikhs believe that charity should not be given in an attempt to curry favour with God; instead it should be given out of the pure desire to help others, an act that itself brings one closer to God. **Guru Nanak taught that all beings have divinity within them; thus, helping one another is helping God.**

Each day, Sikhs repeat a prayer called the Ardās; the third part of this prayer is the “sarbat da bhala” which means “blessings for everyone”. The Sikh concept of sarbat da bhala is a wish for all people to prosper, and a Sikh selflessly prays for this each day.

It is known for very special concept of *Wand Chhakna*. It is a concept of giving something out of the bounties bestowed by God for the welfare of needy, less fortunate and deserving people.

Sikhism believes in equal distribution of the fruits of labour. Sikhs believe in helping people in need. A Sikh must serve the humanity without any motive of gain -must help those who cannot help themselves. A Sikh is duty bound to share their food and earnings with needy, sick and poor people but there should be no ego of contributing in charity. Sikhism believes that charity is given only by God and human beings have just to share the boon given by God.

Sikh must see the whole world as one family and this strengthens the Sikh principle of universal brotherhood of human beings.

The Sikh should feel that it is their duty to help the needy, sick and poor. They should not take pride to have served the less fortunate as their benefactor and protector.