

POSTER: TAKE A LESSON FROM THE SUN

Key points and quotations to make in relation to the poster

- We all live by giving mutual service and no one can be considered superior to another. Every person should render service according to their capacity and the activities they are involved in. There are various limbs in the human body. But the hands cannot do what the legs are capable of, and the eyes cannot perform the duty of the ears. What the ears can do the eyes cannot. Likewise among human beings there are differences. Their capacities and aptitudes may vary. But each should take part in service activity according to their ability, equipment and field of work.
- Whatever small service we may do, if we do it in the right spirit, serving with no thought of self, we shall be doing something commendable and worthwhile. An act of service by itself may be a small thing. But it must be done wholeheartedly. Just as a cow transforms whatever it may consume into sweet, wholesome milk, any kind of service done with a pure heart will result in great good. You should not have any desire to get something back when you give service. "This is my duty. I am born to serve: - it is with such an attitude that you should take to service.
- The first lesson in service has to be learnt in the family circle itself. Father, mother, brother, sisters – in this limited group, which is well knit, one must engage in loving service and prepare for the wider service that awaits outside the home. The character of each individual member determines the peace and prosperity of the family; the character of each family is the basic factor that decides the happiness and joy of the community. And the nation's progress is based on the strength and happiness of the communities which are its components. So for the welfare of the country and of the entire world, the spirit of service, enthusiasm, constructive imagination, pure motivation and unselfish alertness are all urgently needed.
- Those who wish to serve society in the true spirit and experience the joy there from should go into society with dedication. They should undertake service activities according to their capacity and competence and should not over-stretch themselves.
- There is none poorer than the people who will not use their money for good purposes.
- If your minds are filled with hatred, envy and likes and dislikes, you are not qualified to embark on service activities.

- Selfless service is the fragrant flower of love. It is not to be performed for the satisfaction of the person giving the service. We should regard selfless service as the reason for which we are given life. This feeling should flow through our very nerves and bloodstream and permeate every cell of our bodies.
- Selfless service is the most satisfying and most pleasurable activity. It springs out of Love and it scatters love in profusion. It plants a seed on stone and is delighted to see it sprout. Plant it with Love and the seed will discover Love inside the stone and draw sustenance from it.
- There should be no feeling of condescension in giving service. Regard yourself as a devoted servant ready to do any task.
- We should have the feeling that whatever joy or sorrow others experience is equally ours. Only then can we give service, giving joy to others.
- Fill your heart with love and involve yourself in service. The human being who cannot give service to others is no human being at all.
- We can only truly understand human life in the context of harmony and co-operation. For this to happen we need to engage ourselves in service to society.
- It is a call and a challenge for you to provide comfort and consolation to those in need; to seek out ways and means to increase the ways in which you can help others and contribute to their joy.
- Love and service are like two wings for us. If we use these we can reach the goal of happiness and living a true life. If we continue to do unselfish work for the good of others it will purify our minds.
- We should be prepared to serve others rather than choose to be served by them. Moreover, there is nothing special in serving those who are high above us, or even those who are in the same position as ourselves. Service should be given to those who are worse off than ourselves and who are neglected by the world.
- Rendering service selflessly with a compassionate heart is alone true service. We are bound to achieve peace if we serve in a friendly way. This is the Truth. This is the Truth.
- Giving service to others is really giving service to ourselves.
- Service brings out all that is great in human beings. It broadens the heart and widens our perspective on life. It fills us with joy. It promotes unity. It drives out our bad qualities. It is only when we are giving service that we can really experience inner peace. We are born to serve, not to dominate. Everyone in the world is a servant and not a master. All relationships – husband and wife, mother and child, employer and employee – are based on mutual service. The world is

progressing because of such mutual service. If the principle of service did not operate the world would come to a halt.

- The body has to be used for service to others. More happiness can be got from serving others than from merely serving ourselves.
- Our fulfilment comes from serving others, without any thought of return, in an attitude of selflessness. Service given in this spirit sheds light in the dark interior of human beings, it widens the heart. It purifies our impulses and brings us lasting happiness.
- We must be prepared to serve as servants, for our whole lives. Never think of being a leader – without becoming a servant you cannot become a leader. We must first learn to become followers before we can become leaders. In the first instance we should give service in our own home, then in our community, then in our state and then the country.
- Make it your guiding principle to do your best for others. (Confucius)
- Nothing makes you happier than when you really reach out in mercy to someone who is badly hurt. (Mother Teresa)
- I awoke and saw that life was service. I acted and behold, service was joy. (Rabindranath Tagore)
- The only ones among you who will be truly happy are those who have sought and found how to serve. (Albert Schweitzer)
- Psychologists have found that generous people tend to be happier and psychologically healthier than selfish individuals. (Roger Walsh)
- The best way to become a better helper is to become a better person. But one necessary aspect of becoming a better person is *via* helping other people. So one must and can do both simultaneously. (Abraham Maslow)
- All that one gives to others one gives to oneself. If this truth is understood, who will not give to others? (Ramana Maharshi)
- Don't look for spectacular actions. What is important is the gift of yourselves. It is the degree of love you insert in your deeds. (Mother Teresa)

Song

Take a lesson from the sun (EHV songs CD) – this song explains the meaning of the poster and is hence critical to the use of the poster:

Take a lesson from the sun that shines his light on everyone,
Or the rain that falls on every single shore.
No distinction of our race or the colour of our face,
Nature's gifts are there for all men rich or poor.

CHORUS:

Love all, serve all,
Understand that love and peace is what we need,
Love all, serve all,
In every single thought word and deed.

Bear all and do nothing, hear all and say nothing,
Give all and take nothing in return.
Love is giving and forgiving, self is getting and forgetting,
Serve all in the spirit of pure love.

CHORUS:

Love all, serve all,
Understand that love and peace is what we need,
Love all, serve all,
In every single thought word and deed.

From Exeter songs:

A smile makes you feel better
A smile is like the sun
The rays of your smile
Will warm everyone

Be happy says Sai Baba
Enjoy your life on earth
A smile will help you to
Enjoy this human birth

Movie

Pay it Forward

Stories

- There was a king once who asked many wise people who came to his court, “Which is the best service and when is the best time to give it?” He could not get a satisfactory answer from them. One day while out hunting he got separated from his companions and, in the thick jungle, he rode a long way until, exhausted

and hungry, he reached a small cottage. There was an old man who received him kindly and offered him a welcome cup of cool water. After a little rest, the kind asked his host the question that was tormenting his brain, “Which is the best service?” The hermit said, “Giving a thirsty person a cup of water”. “And when is the best time to give it?” asked the king. The answer was, “When he comes far and lonely, looking for some place where he can get it.” The act of service is not judged according to how much it costs or how much publicity it gets; it may be only something as small as giving a cup of water in the depth of a jungle. But the needs of the recipient and the mood of the person who offers – these decide whether the act is gold or lead.

- Atria’s Amazing Miracle (see appendix - shows how one person’s helping can make a big difference to many people)
- The Rose (see appendix – reminds us of the importance of seeing beyond the external appearances of people and appreciating them for what they are on the inside)

Real-life Story

Knitting Love (see appendix)

Follow-Up Activities for the Classroom

- Before showing children the poster, ask them to make their own posters to illustrate the song “Take a Message from the Sun”.
- Complete the Helping diary (see appendix)
- Befriending and working with those who help others: Identify groups or individuals who are already helping others (eg Boy Scouts, Girl Guides, Junior Red Cross) and ways in which we can support them.
- Career counselling: Through identifying your own special strengths and how you can use these for service you may get indications of a future fulfilling career.
- A secret friend: Every child is given the name of another child in the class and they are asked to give service anonymously. The teacher can either allocate secret friends randomly or could match students according to particular needs. Talk to children about the good feelings created by this kind of anonymous service, when they know they cannot get any reward.