BEING OF SERVICE

The Ultimate Gift To Yourself & To Others

“When we live to be of service, we realise our only path is to give and to receive in complete equanimity – it all begins with an organic yearning to be of service to our path and to the path of others”. S.Sifandos.

We have covered being of service and the importance of this, but let us recap the power of this posture once again. Repetition is truly a key to mastery and to personal breakthrough and revelation.

Being of service is about being of service to ourselves, to the evolution of ourselves, to our authentic self, to what we want in life, to our heart’s desires and being of service to those around us is a powerful posture of sovereign leadership.

When we speak to being of service we are essentially speaking to the ability to be of service to the self and we are speaking to the ability to be of service to self and the highest needs for self; for our growth and the evolution of self.

We give enough to self so that we have an ability to give to others and that’s a key principle of being of service; and it aligns with that selfish selflessness notion where we must be selfish enough to give to ourselves in such a way that nurtures us, that assists us to understand life in such a way that we can then give to others with purity of intent and we can then be of service not only to ourselves and to the
evolution of self, but to the path of others. *Our cup is full and we can then share this abundance.*

When we speak to being of service we speak to two components; we are speaking to being of service to the evolution and growth of our own soul or our own journey, our own mindset and expanding that mindset and consciousness – but also then being of service to the path that others tread.

When we often make reference to being of service we exclude ourselves and we often think of only others. And we often think that when we are being of service it must be towards or for someone else. If we do too much of this it causes an imbalance in self and in our own journey. Likewise, when we focus on too much of the self there is an imbalance in the self as well because we are not then being of service to the needs of others.

Like anything in life, we often require exposure (coupled with attention and intention) to allow us to become familiar with our environment and our inner world. This exposure, practice, thought and feeling provoking posturing allows us to connect deeply to our truth and to the people we wish to be.

In order to go in to this with depth and clarity, we must realise who we are and what is important in life. Being of service is one of the greatest gifts we can give to ourselves; it opens us up in ways we could of never imagined.
It all begins with engagement and practice. Exposing ourselves to unfamiliar terrain, to then make that environment familiar, safe, comfortable and productive. In this space we grow, we become, we engage and we discover more about ourselves than we could of ever imagined...

Through this deep exposure, challenge and persevering outside of our comfort zones we become the people we were born to be (magnificence, brilliance and expressed / actualised potential). We share a common thread, a common monologue, a connecting story that defines the essence of who we are and that essence is fullness, wholeness and love.

**Practice Makes Progress**

These two practices or exercises will reveal much about you to yourself and to others. Enter with an open heart and mind and know that it is familiarising you further with being of service and observing the world in a unique manner.

**‘Clearing The Slate’**

This exercise begins with an astute observation and perspective – where for one week you will treat and approach everyone you know as someone you do not know or have never met before. You will aim to ignore any previous history you have, you will shut down your personal connections and come from a place of just meeting this person for the first time.
When we meet people for the first time, we often place our ‘best’ version of self forward and we come from a place of ‘goodness’. We wish to impress, demonstrate the grandest sides of us. You will do that here, only you will slant your focus on being of service to them, looking after their needs (whilst of course never compromising your values) but truly paying attention to who they are.

Impress them with your service to their path. Journal your thoughts, inner experiences and emotions. You have two choices: You can let the individual know you are moving through this thought / practical / personal growth experiment or you can keep it to yourself. I suggest you do both and test this with different people.

Observe yourself in this space and remember, your focus is to actually place forward a lopsided version of yourself. It is ok to do so in this case. Ask them questions about their wellbeing, go out of your way to be concerned about their wellbeing and then act in accordance with this.

We often become emotionally comfortable with those we know and love and the forget to be of service in such a way that is of deeper meaning. This is effectively an exercise in attentive selflessness.

• What questions will you ask them and in what manner?

• How will you interact with them?

• How will you engage?
• What does this look like?

• How will you behave when you are in their presence?

• How can you be of value to them?

• What questions will you ask them?

• What will you and can you learn along the way?

• How does it feel to be of such service?

‘Larger Than You’

This exercise is simple. It is more of a challenge than an exercise. The challenge is to commit to blocks of either 3, 6 or 12 month periods where you regularly volunteer your time to charity, a local community organisation or a non-for-profit organisation where you are of value. However, the following considerations must take place:

• It must be an organisation that aligns with your values

• It must be a cause you deeply care about – emotional, pragmatic and spiritual relevance

• Alongside being of great value, challenge yourself to learn a new skill
• Be present at all times – do not perceive it as a chore, but rather as an educating and immersive experience

• Journal your experiences

• Place yourself in situations where your ideologies will be challenged, your beliefs and your models of reality

• Commit to this practice wholly – prioritise it as an integral part of your life

This practice will allow you to begin to cultivate greater gratitude, context and appreciation for those less ‘blessed’ or fortunate than you. It will give you grounding and insight into the lives of those who experience pain and discomfort more than any of us ‘should’.

There is tremendous fulfilment in giving our resources, time or whatever constructs we value. It teaches us the relative appreciation of our lives and where we place our energy. It truly is a humbling and heart opening praxis.

Many blessings on your journey and one is always glad to be of service. S.Sifandos.