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Hey! Human Have Humanity

*An Innovative way of Social Service
Stresses on Individual Social Responsibility*

SAMBA SIVA RAO CH



Released by Deputy CM, Home & Disaster Management
Minister of AP - Sri N China Rajappa.

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*An Innovative way of Social Service
Stresses on Individual Social Responsibility*

By

Samba Siva Rao Ch.

MBA, MHRM.

Life Coach & CEO Lead the Lives.

*Chief Editor & Publisher of Monthly Bite- e magazine,
Managing Volunteer – Aanandeeswara Volunteering &
Director & Chief Advisor of Sri Hamsavahini The
Foundation School*

*(Author, Advisor, Poet, Writer, Lyricist, Wellness
Consultant, Personality Development Trainer, Soft Skills
Trainer, Business Trainer, Leadership Coach & Speaker)*

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Author & Publisher Details:
Samba Siva Rao Ch.

Contact No. 85000 03206,

E-mail: leadthelives@gmail.com,

www.leadthelives.in

www.leadthelives7.webnode.com

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Foreword

At one point many of us even me thought to sacrifice myself and do service to the mankind when I saw the ignorance, poverty, disability, etc., of many people. After trying to set up a social service organization I understood the pros and cons of it as I was a fresher in employment and belong to middle class family, even, I know if we decide to do only social service any means we can do it whatever is our situation. At that time I did not take it as my full time career. But I didn't want to leave the service then I thought about many ways & decided to do it in another way. I got many ideas to do it and practiced many. Later I started **Aanandeeswara Volunteering.**

Now through this book I am sharing the practical and simple ideas. They are simple but very effective. These are not for Sages and highest life sacrificing people, but these are for the common people. This is not only for the kind hearted, mentally rich and humanized humans, but also for self-centered who can do service and have humanity and get benefited by doing so.

If you are in service already, use this for the others to initiate.

In this book, I would like to point out the ways we can do service to this universe without disturbing our regular work, doing works with humanity and leave a legacy.

Please take it as initiative and start with any idea which I share in this book or your own idea because you know very well than I about your situation and your interest.

I hope you like and share it. Please mention that how many copies you shared.

ACKNOWLEDGEMENTS

With the deepest gratitude I wish to thank my parents, grandparents and especially my brother, whose patience and support was instrumental in accomplishing this task. I also thank the lecturers who taught me from my childhood and each and every atom from which I am continuously illuminating and learning.

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The concepts are the result of collections from my thoughts and from various sources, such as newspapers, magazines, internet, and books of various writers, speeches of many speakers and trainings of many trainers. Regardless of the source, I wish to express my gratitude to those who may have contributed to this work, even though anonymously.

I have to specially express my gratitude to **The Creator** who has given the thoughts and getting things done by/ through me.

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Each of us will one day be judged

by our standard of life,
not by our standard of living;
by our measure of giving,
not by our measure of wealth;
by our simple goodness,
not by our seeming greatness.

~ William Arthur Ward.

Humanity!....Why?

You can have everything in life you want
if you will just help enough other people get
what they want. ~ Zig Ziglar

You born as a Human, a highly blessed, civilized being and you are born in this country, this state, this District, this locality and in this family with a purpose; you have to find it out to fulfill that desired purpose and in order to achieve your purposeful goal you have a lot of ways. In the process you live in a way which influence others and you be benefited and may others be benefited. If you live only for your life and used others and be benefited then you would leave this world without life after your leaving. To live in this world even after physically leaving this world you have to do very good or very bad or great things or create wonders or live for others....choose any one.

Whatever is your situation and present status as a Human you should have humanity, I know every one even a criminal have it.

We connected each other:

We are all social beings and we depend on each other and our lives effect by the action of each other's. We can't escape from the effects. Mother Teresa once said, "If we have no peace, it is because we have forgotten that we belong to each other." Think, observe, analyse and believe that we are need each other and we belong to each other irrespective of religion, caste, village, district, state, country and even continent.

"I have no country to fight for; my country is the earth; I am a citizen of the world." — Eugene V. Debs,

We connected each other and depended on each other. Our acts effects or sometimes affects others and other's acts effects or sometimes affects our lives, the intensity changes. You should agree this, because it is true. If you have doubt, analyse the situations and go through the chapter "We don't Know". If you understand this, you could act with humanity. If you give to others, you should receive form others, it is the Law. A magnet attracts magnetic materials. If you have strong humanity, the people who have humanity may come to your circle. Your chances of leading a happy life increases. So have humanity.

"Each of us is a unique strand in the intricate web of life and here to make a contribution." - Deepak Chopra

Other is not a good one:

We come across to many persons, all of them may not be good but I strongly believe that they have a lot of good in them. The conditions or situations may make them like that or maybe they are acting like that.

As Mother Teresa said, “If you judge people, you have no time to love them.” If you judge the people you may definitely find some fault in them. If your guess is wrong what happens! Don’t judge too much but be careful. Think about the final good objective.

**“If you treat people right they will treat you right
... ninety percent of the time.”**

- Franklin D. Roosevelt

What I say is, you should have humanity on all because you are humane and you are a good person, it is about you and not others.

**“The greatness of humanity is not in being human,
but in being humane.” — *Mahatma Gandhi***

Is it a life?

“A life not lived for others is not a life.”

- Mother Teresa

The life we live is a gift of our parents, their parents..., our teachers, our society, etc., Is the life of a one, who didn't concerned about them and worked for his self, considered a life?

“To live is the rarest thing in the world. Most people exist, that is all.” — Oscar Wilde

The quality of life is more important than the luxuries we enjoyed.

“Doing nothing for others is the undoing of ourselves.” — Horace Mann

“I am not just here to make a living; I am here to make a life.” - Helice Bridges

“Only a life lived in the service to others is worth living”. -Albert Einstein.

Even if we work for our self correctly without cruelty and cheating then we definitely either consciously or unconsciously we serve others. But what I ask you is add humanity to our work. If you add humanity the work which you do starts serving. The quality of your life starts improving. Then others say it is the life.

When a child is born, who rejoices? The parents, relatives, and friends. But who cries?

The child. However, when we die, it should be the other way round. We should be rejoicing and have the satisfaction that we made a contribution to the world and left the world a little better place than we found it. Let the world cry that it has lost a good soul and become poorer. We were not just takers, we were also givers.

Hindu philosophy believes that when good people pass away, they don't die, they only depart. Their names live on forever through their good deeds.

Think of the last time you heard a eulogy. As people pay their respects, the most common things talked about are the little acts of kindness performed by the person during his lifetime. Little acts of kindness don't go un-noticed. In fact, they are remembered a lot more after a person is gone. That is the time people realize how much those little acts of kindness meant to them.

-unknown /

No person was ever honored for what he received. Honor has been the reward for what he gave.

- Calvin Coolidge

HOW WOULD YOU LIKE TO BE REMEMBERED?

About a hundred years ago, a man looked at the morning newspaper and to his surprise and horror, read his name in the obituary column. The newspapers had reported the death of the wrong person by mistake. His first response was shock. Am I here or there?

When he regained his composure, his second thought was to find out what people had said about him. The obituary read, "Dynamite King Dies." And also "He was the merchant of death." This man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?"

" He got in touch with his feelings and decided that this was not the way he wanted to be remembered. From that day on, he started working toward peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize.

Just as Alfred Nobel got in touch with his feelings and redefined his values, we should step back and do the same.

What is your legacy? How would you like to be remembered? Will you be spoken well of? Will you be remembered with love and respect? Will you be missed?

-Author unknown (I apologies)

If you an atheist:

... and believes that each of us has equal power and opportunity to rise high, then if you ask me why should I help others?

Find your answers from these:

Science is a beautiful gift to humanity; we should not distort it. -A. P. J. Abdul Kalam.

Someone had asked, our great scientist, Albert Einstein - "Why are we here?"

His answer,

"If the universe is an accident, we are accidents. But if there is meaning in the universe, there is meaning in us also."

And,

"The more I study physics, the more I am drawn towards metaphysics."

*We cannot help ourselves without helping others.
We cannot enrich our lives without enriching others.
We cannot prosper without bringing prosperity to others.*
--Nanette Cole

Have you got the answers?

If no, read them again.

If you a theist:

Yes, coming to theist more examples are required. Because many of theists believe on the super powers and everything is pre prescribed. So nothing happens to the beneficiary even if we help them. So let them go on the fate. Some are blindly following the misconceptions for example; if you don't offer... to God then God will curse you? Just think:

Is he a selfish?

Does not he have works to do other than cursing you?

Who is the owner of this universe?

Answer to yourself.

Don't believe the misconceptions and please don't be blind.

***Think reasonably,
realistically, practically and
logically.***

In my opinion and belief, God has three fundamental qualities: HE IS

1. OMNIPRESENT

2. OMNIPOTENT &

3. OMNISCIENT

All religions and their founders or followers stress about humanity. A few of them are mentioned here, go through them.

“If we pray, we will believe; if we believe, we will love; if we love, we will serve.”

- Mother Teresa

“Prayer in action is love, love in action is service.”

- Mother Teresa

“Before becoming a Muslim, a Sikh, a Hindu or a Christian let’s become a Human first.”

- Guru Nanak

Here, I am not separating you religion wise but I try to give religion wise.

In Hinduism:

1. Living Creatures are nourished by food, and food is nourished by rain; rain itself is the water of life, which comes from selfless worship and service. - Bhagavad Gita.
2. Think not about future rewards but about present service. - Bhagavad Gita.

In Hindu philosophy, humans are born in debts and must repay during their lifetime.

The debts are:

1. Debt to the Gods for their blessings;
repaid by rituals and offerings.
2. Debt to parents and teachers;
repaid by supporting them, having children and knowledge sharing.
3. Debt to guests;
repaid by treating them as Gods
4. Debt to other human beings;
repaid by treating them with respect.
5. Debt to all other living beings;
repaid by offerings food or help....

There are many to quote but in a single statement, **Swami Vivekananda** said:

“No religion on earth preaches the dignity of humanity in such a lofty strain as Hinduism.”

So, hey! Dear Hindu, have humanity.

In Christianity:

Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? **-Matthew 6:26**

You shall not see your brother's donkey or his ox fallen down by the way and ignore them. You shall help him to lift them up again. **- Deuteronomy 22:4**

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. **- Galatians 5:22-23**

Christianity is the highest perfection of humanity.
- Samuel Johnson.

In baptism one returns to the state of creation ... when all humanity was unified.
- L. Michael White, From Jesus to Christianity

In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'"

As each has received a gift, use it to serve one another, as good stewards of God's varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

- Peter 4:10-11

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another. For the whole law is fulfilled in one word:

“You shall love your neighbor as yourself.”

- Galatians 5:13-14

And whoever would be first among you must be slave of all. For even the Son of Man, came not to be served but to serve, and to give his life as a ransom for many.

- Mark 10:44-45

Whoever brings blessing will be enriched, and one who waters will himself be watered.

- Proverbs 11:25

The greatest among you shall be your servant.

- Matthew 23:11

For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’ Then the righteous will answer him, saying, ‘Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?’

- *Matthew 25:35-40*

Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”

- *Luke 6:38*

Whoever is generous to the poor lends to the Lord, and he will repay him for his deed.

- *Proverbs 19:17*

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

- *Mark 10:45*

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

- *Hebrews 13:16*

Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; the one who teaches, in his teaching; - **Romans 12:6-7**

For those who serve well as deacons gain a good standing for themselves and also great confidence in the faith that is in Christ Jesus. - **Timothy 3:13**

Jesus looked up and saw the rich putting their gifts into the offering box, and he saw a poor widow put in two small copper coins. And he said, “Truly, I tell you, this poor widow has put in more than all of them. For they all contributed out of their abundance, but she out of her poverty put in all she had to live on.” - **Luke 21:1-4**

“Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men.” - **Philippians 2:5-7**

“For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus’ sake.” - **Second Corinthians 4:5**

“And he sat down and called the twelve. And he said to them, “If anyone would be first, he must be last of all and servant of all.” - **Mark 9:35**

“Whatever you do, work heartily, as for the Lord and not for men, know that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.” - *Colossians 3:23-24*

“Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment. For rulers are not terrors to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval, for he is God’s servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain. For he is the servant of God, an avenger, who carries out God’s wrath on the wrong doer, Therefore one must be in subjection, not only to avoid God’s wrath but also for the sake of conscience.” - *Romans 13*

Little children, let us not love *in word or talk* but *indeed and in truth*.

- *Matthew 5:16*

Not just belong to one day prayer. Pray all the day and round the clock.

So, hey! Dear Christian, have humanity.

In The Holy Quran:

"Be competitive in doing good" (2: 149)

"You are the best people ever raised for the good of mankind because you have been raised to serve others; you enjoin what is good and forbid evil and believe in Allah." (3:111)

“Besides the spiritual aspect of service to mankind or humanity, there are many diverse ways that service to mankind can be accomplished.”

1) Providing help in ameliorating the sufferings of a distressed people

2) Educating and Training

3) Social Services

4) Material Services

5) Intangibles like providing company for a lonely person, a kind word, providing guidance and serving as a role model

Service to others is the rent you pay for your room here on earth. - **Muhammad Ali**

So, hey! Dear Muslim, have humanity.

Lord Gautama Buddha says:

A generous heart, kind speech, and a life of service and compassion are the things which renew humanity.”

Give even if you only have a little.

You, yourself, more than anyone, deserve your love and affection

“However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?”

If you light a lamp for someone else, it will also brighten your path.

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

The intelligent way to be selfish is to work for the welfare of others. - **The Dalai Lama**

So, hey! Dear Buddhist, have humanity.

Zoroaster says:

That which is good for all and any one,
For whomsoever- that is good for me. . .

What I hold good for self, I should for all.
Only Law Universal is true law.

One good deed is worth a thousand prayers.

Seek your happiness in the happiness of all.

A righteous government is of all the most to be wished for, bearing of blessing and good fortune in the highest. Guided by the law of Truth, supported by dedication and zeal, it blossoms into the Best of Order, a Kingdom of Heaven! To effect this I shall work now and ever more.

Turn yourself not away from three best things:
Good Thought, Good Word, and Good Deed.

Doing good to others is not a duty. It is a joy, for it increases your own health and happiness.

Do not hold grain waiting for higher prices when people are hungry.

Your good thoughts, good words and good deeds alone will be your intercessors. Nothing more will be wanted. They alone will serve you as a safe pilot to the harbor of Heaven, as a safe guide to the gates of paradise.

“In happiness and suffering, in joy and grief, we should regard all creatures as we regard our own self.”
— **Mahavir**

Live and let live. Love all - Serve all. - **Jainism**

“Centre your awareness on Seva - selfless service - and focus your consciousness on the Word of the Shabad.”
- Pannaa : 110, **Guru Granth Sahib**

“Whoever has good destiny inscribed on his forehead, applies himself to Seva - selfless service”
- Pannaa : 1142, **Guru Granth Sahib**

“Deeds of giving are the very foundations of the world.”
— **Mishna, Pirkei Avot 1:2**
Jewish- Judaism

*He who sows courtesy reaps friendship, and he who plants kindness gathers love. ~ **Saint Basil***

Forget injuries, never forget kindnesses.

Humanity is more important than fire and water. I've seen people who died because of fire and water, but I've never seen anyone killed by humanity.
- **Confucius**

The seven deadly sins according to Mahatma Gandhi

Are

wealth without work;
pleasure without conscience;
knowledge without character;
commerce (business) without
morality(ethics);
science without humanity;
religion without sacrifice; and
politics without principle.

My intention in mentioning these many quotes is, every religion has stressed the importance of humanity, kindness and service. Many persons around us are very good donors to God or God related activities but very rigid to serve the creatures where the God lives.

I think your WHY? Be answered. If not go through again or think from your side selfishly, selflessly and then turn to others.

Whoever you are and whatever your occupation you should have humanity.

First of all have humanity then consciously or unconsciously you start service.

“We are each other's harvest; we are each other's business; we are each other's magnitude and bond.”
- **Gwendolyn Brooks**

We don't know, from how many ways and by who we be get benefitted. Yes, to clarify, let me give at present example, how many of us know the PDF format inventor, because of him I shared this book and you are reading it now.

We don't know the persons of all inventions or discoveries which we are enjoying at present. We may benefit not only from the things what we like but also from the things what we dislike. Let me give simple and funny examples to this:

A teacher scold or beat the student, because of that incident, the student may transform and get benefit.

One had a fever and consulted a doctor and an early diagnosis of a big disease by that doctor prevented that one from a major issue.

Two mosquitos fight each other to bite you and the one wins and bite you is a healthy one and the lost, have a parasite causes Malaria, we don't know.

An animal like cat or dog or pig came in your way and you slipped and fell down, we don't know that you may be prevented from a big accident just after a few steps.

A child ran across the road and you scold him but he warned about your bike's side stand, we don't know otherwise we may get a big hit.

Let me give an example which is said by Brahma Sri "Chaganti Koteswara Rao", you lit a fire to get heat in a cold season, a snake came to bite you or a wild animal came to hurt you , because of the fire it could not approach you and you are saved, but you may not aware of this.

I don't know how this book is going to help you. It may improve your English not only from the good sentences but also by finding out the mistakes which I might write.

Our acts effects or sometimes affects others and other's acts effects or sometimes affects our lives. We don't know how our lives effected by the opinions or orders by the officials, how a politician's decision changes the system or bureaucrat decision influence the people or a small mistake of theirs lead to a major issues, how a Govt., G.O. transform our lives...

A scavenger who cleans our surroundings or drainage system saves our life from many threatening diseases; otherwise how we would be, we don't know.

A home-maid who cleans your house and furniture may save you from allergies to big diseases, we don't know.

A stranger to you walking on your street on his purpose and saw a thief who is trying to enter into your house and shouted the thief ran away from that place without any theft.

My point in mentioning these is that, the acts which we do, may be simple, benefit others the most, many times we may not aware them even the beneficiary. So don't mind to do simple acts of service and do have gratitude and Humanity.

Be good, be kind, be humane, and charitable; love your fellows; console the afflicted; pardon those who have done you wrong. – Unknown

I am So, Can I...?

“We can’t help everyone but everyone can help someone” - Ronald Regan

Many of us have doubts to be humane and start service. I am a student and have no earned money, so can I?, I am a busy business man, can’t find time to do, so can I?, I am a homemaker (house-wife) I generally do not go outside, so can I?, I am an employee with low salary and don’t have time, so can I? Yes you can. (a few ideas mentioned in “The ways” chapter)

No matter what is your condition, what really matters is your mindset.

I am alone so can I? Yes. Start your own and simple in your limits and do regularly, after a period of time you will be surprised the huge covering of your service and the followers to you.

***“Do not wait for leaders; do it alone, person to person.”
- Mother Teresa***

Can I alone change this entire rigid system?

Mother Teresa's quote answers to this question profoundly, she says: **“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.”**

We may not change the entire world, even go on. Many like us are trying to change it and the change is continuously happening. Remember the quote as far as I know which is given by Albert Einstein, ***Nothing in this universe is constant except change.***

“How far that little candle throws his beams! So shines a good deed in a weary world.”

- William Shakespeare.

Is Money matters?

"Money never starts an idea; it's the idea that starts the money."

- Mark Victor Hansen

To be humane (to have humanity) money does not require at all. As many of us think that to do any service money is required. Of course to do many things money is required but there are many things which they don't require money to do service. For example you can donate blood if you are healthy, can share your knowledge, can give ideas, can suggest.... There are many ways you can do service. A few are mentioned in *The Ways* chapter.

It's all about humanity, humility and Integrity -Derba Wilson

If I... Stop?

“We all do better when we work together. Our differences do matter, but our common humanity matters more.” - Bill Clinton

There are certain situations when we can't continue our service at that position in the same way and at same level with same influence. In these situations I agree commas but not full stops. You can change the way, the level, the location, the persons and the same service. You can do it in another way, another level, another location, another person (with or to) and another or similar service. Yes, we can do similar service where we can't continue the same. Nothing harm in doing this dear. Because something would be better than nothing.

If there is a condition that you have to stop the service, you can assign to or encourage or even request another person to continue it, because

“ the work is more important than the doer”.

The 1st Service

“The way you help heal the world is you start with your own family.”

- **Mother Teresa**

“The lamp which is glowing can only lit other lamps.” is the saying that I strongly believe. So to do service to others in an effective way, we have to enlighten and empower ourselves in many ways. And also you are the one who belongs to the family which belongs to the society, which belongs to the country and it belongs to the universe. If you empower yourself it definitely make changes as you are a part of it. So the first and foremost thing we have to do is achieving our goals, in the process of it as well we can do a lot of service.

The important thing we must do and which is one of the greatest services is ***doing our work rightly***. **Performing our jobs correctly with principles, values, ethics and humanity makes a lot of difference and may create wonders!**

In my opinion it's the service which does to our self, to our family and to our work is the first and foremost thing to do. Do your work at utmost priority. But if you stop at yourself and your family it becomes selfish. Extend it from your work to others who come across in your life. This is the first step. Clean your house, road, and surroundings not as a photographic event but as a regular work.

If you are a student you should be creative, study well, learn new things and be up to date. But don't stop there, extend yourself by sharing your knowledge, teaching to your friends (explain a concept) and respect elders.

If you are a business man you could do the commerce with ethics, morality, values and with humanity. It does not matter how much you earn, but what matters is how you earn it. Become Millionaire or Billionaire but **your roots must be values and ethics** and spread humanity as your branches.

If you are employee do your best. Never criticise about your employer or salary. Do not work with unwillingness. Show your enthusiasm in your work, that work should be praised because of you. Never mind what position you are handling and work you are doing presently, justify it, add life to it and remember that ***you are doing the work.***

Create the feeling in your family you are the most important and the center of happiness. Of course in many families, the members of the family don't give that much importance to your suggestions or thoughts than given to an outsider. Don't lose your identity, be yourself, at some time they understand your value and start giving respect to your ideas. Make them happy and tune them to good and prosperity. Make them feel proud and become important in the society, create value and let them be happy. Try to give them what they want. If their desires are very gigantic, explain the process and situation and time period to reach it or simply divert to another one. Many of the employees or business persons show their anxiety or anger on the family members. Many of us work for the family and many times we tell the same to the family members but they don't satisfy because they need you. Talk to them, spend time with them, go out with them, ask them, help them and teach them. Teach your children the service from their childhood. If you tell them they may not understand, show them they understand and start their own. Create your home a peaceful place first.

“Peace and gladness in every home is a peace for the society, nation and the world.”

- Lailah Gifty Akita

Love your family and treat them at utmost priority and build strong bond among you. Involve family in your business if possible, let them understand your work load and let them give their ideas. Then they start loving you more and more. The peaceful society is a combination of peaceful families. The peaceful country is a combination of peaceful societies and states. The peaceful world is a combination of peaceful countries.

***“What can you do to promote world peace?
Go home and love your family.”***

***“It is easy to love the people far away. It is not always easy to love those close to us. It is easier to give a cup of rice to relieve hunger than to relieve the loneliness and pain of someone unloved in our own home. Bring love into your home for this is where our love for each other must start.”
- Mother Teresa***

“These are the few ways we can practice
humility:

To speak as little as possible of one's self.

To mind one's own business.

Not to want to manage other people's affairs.

To avoid curiosity.

To accept contradictions and correction
cheerfully.

To pass over the mistakes of others.

To accept insults and injuries.

To accept being slighted, forgotten and disliked.

To be kind and gentle even under provocation.

Never to stand on one's dignity.

To choose always the hardest.”

- Mother Teresa.

Some busy persons think its time taking and difficult to grow up children and take care of their parents. They simply join their children at hostels and their old parents at old age home and speaking about social service to indicate their social status. If you ask questions like: To whom you are earning? Their answers may simply be -to my children. Ask them to think about it. If you are that kind **think yourself.**

Go home start loving your children, parents and grandparents. Give them your warmth. Make them happy and enjoy with your presence.

“If you are not the hero of your own story, then you're missing the whole point of your humanity.”

- Steve Maraboli.

The Simple Path

“Silence is Prayer
Prayer is Faith
Faith is Love
Love is Service
the Fruit of Service is Peace”

-Mother Teresa

To do service each of us have number of ways and as I can't mention all of them, here I try to give a few ways which can torch the forgotten and neglected ways. And also I try to give simple and easy ways.

“Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing”
- Mother Teresa

I don't ask you to do all but do as many as possible. Remember, How you are doing is more important than what you are doing?

These are not to give exact ideas but to train your mind to think on different ways.

Doing your work rightly with humanity is a great service. While you are doing it you definitely get chances to do service without moving to another place because we are all connected each other, we do business in society among the humans. Make use of those opportunities.

“We are each other's harvest; we are each other's business; we are each other's magnitude and bond.”
-Gwendolyn Brooks

Find your interesting work and by doing that service you should not feel tired, bored, exhausted and drained out. Find such work and make a model/module. If it is with a group of people or organisation go to the place, inform them, ask them/request them to start your service to them.

One of the simplest way to start service or improve your humanity is go to any organization, join as volunteer and start your service.

Start doing it, if you find any faults or mistakes, try to correct them, don't repeat and make blunders. Here I mentioned a few categories or fields and possible simple ways of service or work, take as much as possible and start doing. You have to think from your point of view, select from these and you can add and start your own idea as well.

Patriotism:

We are all Indians first and belong to the universal family. Don't divide by the boundaries of states or districts. To Whichever country you belong to - have patriotism.

There are many people who don't know why we are celebrating Independence Day or Republic Day. Even there are people who don't know how to sing and the rules of National Song and National Anthem, Please educate them if you find any one.

Don't forget to serve your mother land wherever you are. **It does not mean you mother land is poor to receive from you; it means it's the land which transformed you and you have debt to generations who origin from that land.**

Culture/ Customs/ Traditions:

You can share good customs and explain the benefits of our tradition.

Spread the truths of our tradition not misconceptions.

Ex: Hanging mango leaves at the doors: One Reason is Mango leaves release Oxygen continuously after separating from the braches of tree some studies state that more than 10 hours.

Spiritual & Religious / Ethics & values:

Be spiritual. No matter which religion you follow, what matters is, Are you spiritual or not?

Have ethics and values. Go to your place of worship and do service.

There are many who mislead devotees on the name of GOD. Try to educate & Save the people from the frauds.

There are many who are really spiritual. Swami Vivekananda once told test him/her before you accept as your Master (GURU). Find them & follow them.

There are many incidents and spiritualists who proved ethics/values and humanity is more valuable than customs.

Ex: Santh Eknath took Holy water of the Ganga from northern Kasi and went towards Southern Rameswaram to mix the water in the Sea. On his way he found a donkey which was fallen on the ground because of thirst, he, Santh Eknath, a humane, pour water in the mouth of that donkey and saved the life of it.

These, a few sectors you can stretch your arms and do service simply and effectively on your way:

Education:

Go to your nearest schools/ colleges educate them about the present scenario and what they are lacking of.

Simply on your way, there are many people who don't know how to do some kind of works like filling a bank form, writing a post card or making a phone call just help and educate them to do on their own.

Let me give an example to prove these are simple but very effective. Once Brahmasri Chaganti Koteswara Rao mentioned about a girl who goes to hospital at her free time and guide and help the people to meet the doctor.

Go to schools which are located in vulnerable places or not even with minimum facilities and start educate them and try to provide the basics.

Educate the old people about the present changes in this competitive world and teach them how to survive and live without bothering.

Educate the uneducated to at least the literacy level. Go to the most vulnerable places and starts educate them.

Environment:

Sanitation: Our house should be cleaned and then our surroundings streets, parks...should be cleaned.

Water: Drinking water is the most precious one on the earth. Use it carefully and preserve it.

Electrical energy is not to be wasted not only for the bill but for the energy conservation.

Nature: Save our nature, don't pollute and spoil it. Save trees. Plant as much trees as you can & teach children to plant and protect it and how to nourish it.

If you lose touch with nature you lose touch with humanity. - Jiddu Krishnamurthy

“Trees are always a relief, after people.”

-David Mitchell

“What we are doing to the forests of the world is but a mirror reflection of what we are doing to ourselves and to one another.”

- Chris Maser

Birds, Animals & Creatures Welfare:

“To my mind, the life of a lamb is no less precious than that of a human being.” - Mahatma Gandhi

In our culture we have a custom of hanging grain bundles at the front gate of our homes so that birds can eat them. Domesticate a cow.

Leave at least some fruits for the birds on the trees.

Sponsor some food before you eat. Don't throw the extra food put it neatly so that animals can eat.

Entertainment:

Make it as infotainment and leads to good thoughts and deeds but not towards the selfish and vulgarity.

Differently Abled:

Give them moral support or employment support or guide them to get loans to start micro-enterprise and help to live on their own.

Legislation & polity:

Make good legislative policies, create awareness among people, have a discussion about the pros and cons of a bill....

Livelihoods/ Rehabilitation/ Orphanages & Old age Homes:

Rehabilitate the addicts or beggars or juveniles or prisoners or victims...Identify or Create opportunities to live on that work and create awareness about those fields and teach them how to do those to the vulnerable, differently abled, orphans, virus affected persons and old aged persons. First of all identify their basic need if they are so hungry they can't listen to you, try to fulfill their basic need first.

“There are people in the world so hungry, that God cannot appear to them except in the form of bread.”
- Mahatma Gandhi

Child & Women Welfare:

Our tradition has given more value to women. But unfortunately we deviated. Don't criticise unnecessarily the pedestrians, try to stop if anyone is doing such activities. Remember in Telugu word “Ammaee”, the word “Amma” inscribed.

Arts, Crafts & Micro Enterprise Creation:

There are many arts and crafts which are going to vanish not because of the technological advancement but by the negligence.

Support the artists and minor groups.

Support & encourage and guide the small and old crafts making people. Try to set up a small micro enterprise for them.

Safety & Security:

There are many situations we come across where the people work without any protections and work on harmful and hazardous conditions. Try to educate them and teach first aid. Importantly give them the safety materials.

Traffic & Transport:

Follow traffic rules and teach others to follow them. Many educated scholars avoid rules and make others uncomfortable.

On roads, we see many overloaded transport vehicles, inform to the concerned persons. Don't start argument with those persons.

Agriculture:

The farmer feeds us. If you are a farmer, please produce the quality food. The total world lives on the food which you produce.

Help farmers in getting good seeds and get a reasonable price, in finding out the soil type and the requirements.

Create awareness about organic farming.

Encourage who are doing and experimenting in the field for high quality and quantity production.

Try to improve the water supply facilities.

Wellness & Health:

Provide the information regarding the wellness.

Remember according to the WHO (World Health Organisation) Health is a complete state of physical, mental and spiritual well being, not merely the absence of disease or infirmity or deformity.

Promote the good food habits. Educate about the foods which used harmful chemicals in the making process.

Donate blood.

Games & Sports:

Encourage the talents of the sportsperson.

Don't play politics with their talent.

If you can't encourage never discourage.

Try to give information about the events.

Technology:

Use the technology for constructive purposes.

Don't trouble the others using technology.

Get updated to new innovations.

Create awareness among the old systems or version followers about the latest changes.

Online/ social media:

Share the good news and promote good things. Encourage the good deeds.

Mix entertainment with infotainment.

Don't publish the more privacy issues which are not necessary or irrelevant to the public.

Don't circulate the fraud news & the fake issues.

The list never ends. Find your interest and start doing to improve the livings and life style of the people of those sectors.

I don't ask you to stop at the small things.

Stretch your service as much as possible.

Expand your service by involving others.

Encourage others to join them.

Start team work.

Provide your service to as many organizations as you can. Or start your own. Get expertise.

If you are a ...and thinking about your ways here are very simple ways, think beyond these and find your own way.

A very few ideas are:

A student can

Share his/her lunch box with a classmate or worker child ...

Motivate other students to learn.

Teach the old about new technology.

Collect a few coins and donate to orphanages or victims or who come to you and ask.

Collect dresses which you don't wear and donate.

Identify and inform to the elders get the service done.

An unemployed can

Share his knowledge to students/ illiterates, by doing so he also improves his subject

Share his academic or competitive course ware to the poor who can't attend the courses.

Help a social worker or anyone in your expertise.

Form as a team & start service.

A house-wife (home-maker) can

Making your children as responsible citizens is your first step.

Support the neighbors

Educate the uneducated neighbors

Teach a skill so that they can earn some bucks

Start a micro enterprise at home to support others.

An employee can

Help a colleague

Share the knowledge

Go to any organization in his /her free time

An employer/business person can

Be generous to employees (but not on work)

Offer good bonuses

Conducting development classes

Encouraging their skills

Encourage employees to do social service

Start a simple service team

Follow convictions of

“Corporate Social Responsibility”

A retired person can

Share his valuable and experience to the new generations

Go to schools/ colleges & give lectures

Guide a student/ job seeker/ entrepreneur

Write article with practically possible solutions on various issues.

Participate in meeting of politics and give suggestions

Go to orphanages/ old age homes & spend time with them.

Remember there are certain situations,

“We have to be pretending unkind to be kind and help someone”.

If you can't do any of the above because of your tight schedule you can –

If you want to earn more money you can -

If you have abundance of money and want to improve wealth/ prosperity you can –

“Donate”

Donate what?

Money.

Do charity to support any organization or your own or to an individual

You can live after your physical leaving of this earth by donating Parts of your body. Go & write them off to any organization when you are alive.

Take up one or more ideas and make them as your habits. Add humanity to your every work.

“Courage, Kindness, Friendship & Character these are the qualities that define us as human beings, and propel us, on occasion, to greatness.” - **R.J. Palacio**

On our way we may find something wrong or a work which is not properly done or negligence of a worker / employee / public or some people avoiding/ overcoming rules or some projects which are not moving etc., then generally we tend to do give a complaint to authorities or make a PIL or strike etc., Instead of going for a aggressive one why do not we observe the root cause and go with a solution to the respective authority.

Once in a book I read a social activist go to the officials with a solution along the problem, they respect him and his approach and do their best to solve it.

If we go with the practically possible solutions along the problem, the authorities will listen to you and welcome your valuable practical solutions and it is easy to them to solve.

Let us go with solutions and solve the issues.

Amount of Service

“Don’t judge each day by the harvest you reap but by the seeds that you plant.”

- Robert Louis Stevenson

It matters to some extent only how much we give to others or how much we do serve others. Give a little if you have a little. Give a huge if you have huge. What matters most is how you give it, how you serve and how humble you are.

“The measure of who we are is

What we do with that we have”

- Vince Lombardi

The below quotes which are given by Mother Teresa gives us a broad idea on the amount of service so I think you will get the best idea by going through these.

“It's not how much we give but how much love we put into giving.”

“There are many people who can do big things, but there are very few people who will do the small things.”

“Never worry about numbers. Help one person at a time and always start with the person nearest you.”

“If you can't feed a hundred people, feed just one.”

“The person who gives with a smile is the best giver because God loves a cheerful giver.”

“I can do things you cannot, you can do things I cannot; together we can do great things.”
- Mother Teresa

Don't stop because of the reason that others are doing. *Recollect the story, a king asked the villagers to pour milk in a big container; almost all filled it with water because they thought others were doing and even if we don't pour milk no one knows. So be honest and do your best.*

“Whoever saves one life, saves the world entire.”
- Thomas Keneally

The Highest Service

The best way to find yourself is to lose yourself in the service others.

–Mahatma Gandhi

Generally the sages/ sadhgurus/ incarnations of God do the service at the highest level unconditionallyit's the **LOVE** and they are devoted. In this context the important thing is:

They emptied their vessels to fill with anything. They leave everything to receive anything.

We may not fill the overflowing glass with new water, to fill it with new we have to empty it. Those are the persons who empty everything even the marks of water and ready to receive and fill any new thing. **They can give you anything you want because they can receive anything but keeps nothing for them.**

Let us dare to dream to become like those highest personalities.

Gift to me !

*“We are each other's harvest;
we are each other's business; we
are each other's magnitude and
bond.” - **Gwendolyn Brooks***

*“Love is the greatest gift; we
can give to one another.”*

*-**Lailah Gifty Akita***

Gift?

Gift????

Yes, I request you to give the gift to me.

Don't worry!

I don't ask your money/ properties...

What I ask you is follow as many as possible things which I have mentioned or your own ideas to serve & **act with humanity**. Please don't leave this book without action. Start something.

I don't ask you to do only the ideas I have mentioned in this or the additional ideas I am going to share in future. I am not that selfish.

“Ideas are a dime a dozen, they are worthless, but people who put their ideas into action are priceless.” -Unknown

Please take it as initiative and start with your own idea because you know very well than I about your situation and your interest. If you are in service already use this for the others to initiate.

As I mentioned in “We don't know” chapter I also don't know that how I may serve you or I am going to benefit from you it may direct or indirect.

If you have humanity first, then consciously or unconsciously you start service. It may leads to devotion in service. Who knows YOU may transform into a highest level personality.

Finally, dear humans, please have humanity.

Serve the universe.

Leave a legacy.

Let us show our humility and humanity to the rest of the species.

Thank you all.

All the best and don't give up.

"I do not want followers who are righteous; rather I want followers who are too busy doing good that they won't have time to do bad."

– Rabbi Menachem Mendel

Yours Lovingly,



[SAMBA SIVA RAO CH.]

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SAMBA SIVA RAO CH
MBA, MHRM.

Life Coach & CEO Lead the Lives.

*Chief Editor & Publisher of Monthly Bite- e magazine,
Managing Volunteer – Aanandeeswara Volunteering &*

*(Director & Chief Advisor of Sri Hamsavahini The
Foundation School).*

*(Author, Advisor, Poet, Writer, Lyricist, Wellness
Consultant, Personality Development Trainer, Soft Skills
Trainer. Business Trainer. Leadership Coach & Sneaker)*



+91 85000 03206

E-mail: leadthelives@gmail.com

www.leadthelives.in

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