Learning to be a volunteer

It means to give openly without expecting anything in return. Once we do this, we'll acquire a different kind of strength. And this strength will give us muktin, says Sadhguru Jaggi Vasudev.

Volunteering means willingness. When we do things out of our own inspiration, it is called volunteering. If we are inspired, who can stop us? We are not doing it for any purpose; just out of our inspiration. Since the willingness has come from within us, there is no calculation.

Unfortunately, in our day-to-day lives, it doesn’t matter where we go — whether to buy vegetables, or gold, or to get married? Our main concern at these times is to give less and get more. We are considered smart if we manage to get more for less. But life does not operate like that. Volunteering means giving openly without expecting anything in return. Once we do this, we'll acquire a different kind of strength. Once we gain this strength of being what we are whether we receive anything in return or not, we'll get muktin.

Volunteering means just that. It is a rare sadhana. Every human being should make use of this. Every moment of our lives, wherever we are, we should be a volunteer. To make this a part of our lives, we should start by volunteering at our homes, offices and in our neighbourhood. We can do small things like:

- Helping our family members and neighbours in their work without asking for help

a big difference. Our life will be full of action that happen out of our own willingness and not under somebody’s pressure. This is volunteering — a life of freedom.

Times Wellness Workshop on Cancer Awareness will be held on November 28 at Apollo Hospital, Sarita Vihar, Delhi at 3:30 pm. Call 011 23782396/23782031. (To register mail timesfoundation@timesgroup.com)