

LESSON 19

CHARITY

There is a lot of suffering going around us. We are fortunate that we are not part of it. Seeing suffering we feel compassionate towards them and we feel like helping them. When we do something for others it is called charity. Therefore, charity means to share what we have with others. In charity we give something to others without expecting anything in return. If we can afford then whenever we get a chance to help others we must do that because there are many people who are not as lucky as we are. Sometime we are not in a position to give ourselves then we should encourage others to do charity. Sometime even thinking well of others in our mind is also can be considered charity even though others may not be able to see it. Some of the various ways we could help others are:

- 1) We can give money.
- 2) We can give clothes.
- 3) We can give vegetarian food, books and things like that.
- 4) We can share our knowledge with other students or people and that also becomes kind of charity.
- 5) We should also offer food and clothes to the sadhus and sadhvis. Food or clothes or other needed stuff offered to them is one of the noblest types of charities.

As we start earning we should make a resolution that certain amount of earning I will spend for charity. This way when time comes to give it becomes much easier to do. We do not to wait to start this practice till we earn because this habit can be started while we are children. Spare some money from our parents may give us to help others. It may not be much but the thought of helping can start and as we become more fortunate we can help more. So, remember that we should share what we have with others by doing Charity.

Even sadhus and sadhvis, who do not have materialistic things like us, share their knowledge with us and help us to lead to and stay on spiritual path.