

A black and white profile photograph of Jayesh Patel, a man with a mustache, looking towards the left. The image is partially obscured by a white speech bubble graphic containing the text 'DVD Conversation Guide'.

DVD Conversation

Guide

JAYESH PATEL: LIVING SERVICE

1. The sign at the entrance of the Gandhi Ashram says, “Happiness depends on what you can give and not what you can get.” What does your happiness depend on? How does this definition of happiness compare to what you see on television or in magazines?
2. Jayesh uses the acronym “W.A.L.K.” to explain his daily practice:

W – Witness nature

A – Accept circumstances

L – Love your life

K – Know thyself

How might you experience a difficult situation differently if you have these principles in mind?

3. Jayesh says, “We all are one. Through service, we connect people.” What does this mean to you? What are some of the ways that an act of service can connect you to others?
4. Compare Gandhi's famous quote, “Be the change you wish to see in the world,” with Jayesh's statement, “Be like a ladder, not like a leader.” How are these two ideas connected?

To learn more:

[HTTP://WWW.MANAVSADHNA.ORG](http://www.manavsadhna.org)