

What will you do next time if a situation was to arise again? Write down three things you will do differently and will improve on next time:

1.
2.
3.

1. What makes anyone a Krutaghni?
2. Should you give up if you were in a situation and you weren't considered at all or should you carry on? (use Shikshapatri Shlok 119, 153-154)
3. Have you done something good for someone else and felt that they have not been grateful for it? How did it make you feel? **[Ask for examples from group members.]**
4. How would you react if you were put in a situation where you were helping people like Sevak-Ram and they did not show any regard for you (as simple as asking if you'd eaten or saying whatever you do for me make sure you do it for yourself as well)? **[Ask group members.]**

(Gratitude is wanting something in return; Maharaj wasn't even asked if He had eaten or if He needed to eat. Inconsiderate from Sevak-ram as he was always getting things done for himself by Nilkanth Varni and didn't consider His situation.)

5. Having read this Vachnamrut, do you feel you have done something similar to Sevak-Ram, where you may have taken advantage of someone's charity or seva?

Possible scenarios to discuss:

1. You (or the house you are living in) have decided to refurbish the house. You know that within your family and friends, all the skills are available to help you with this work. You ask them to help you out. As you know each other, you feel it is ok to ask for help without offering anything in return. Would you feel comfortable with this? For those helping you out, would they be comfortable with it?
2. Your friend or relative is struggling with revising in a subject that you are excelling in yourself. That person asks you for help, but you also have your own exams coming up in different subjects. Do you put your studies aside and help the person to the best of your ability?
If you do, how would you handle the situation if they did well because of your help, but your marks suffered in your own subjects, or they didn't show any gratitude?
If you don't, are you fulfilling your duty in helping others out?