

Tips for Putting Others First

How to use these resources:

1. Identify the reading studies you would like to use.
2. Read the DVD talk summaries and select the ones which you think would work best with your chosen reading studies. You may want to select only one 15-minute section depending on the length of time you have allotted for watching the talk. Preview the entire talk to decide which 15-minute section to use.

Reading study options:

These reading selections have been chosen from several books by Easwaran. They cover specific practical tips on putting others first, such as:

- The purpose of this spiritual discipline is to reduce our self-will, which will ultimately decrease the sense of separateness we often feel between others and ourselves
- The connection between self-will, choosing to put others first, attention, distractions, and the deepening of meditation.

Passage Meditation

171–183 “Eradicating self-will is the means” – “transform antipathy into sympathy at will.” (41 paragraphs)

The Mantram Handbook

Note: The page numbers are from the fifth edition 2011. In earlier editions, you will find this reading in Chapter 11: The Mantram & Other Spiritual Disciplines.

170–172 “When we remember the needs of others” – “to disagree without being disagreeable.” (5 paragraphs, section: 6. Putting Others First)

The Bhagavad Gita for Daily Living, Volume 2

364–367 “Here again, my application” – “sum and substance of putting others first.” (9 paragraphs)

402–404 “That is the most tragic truth about” – “nothing less can ever satisfy us.” (10 paragraphs)

The Bhagavad Gita for Daily Living, Volume 3

68–70 “Through meditation, as our minds” – “their origins in emotional disturbances.” (6 paragraphs)

195–196 “In reaching out through the senses” – “Then you can throw the tape away.” (6 paragraphs)

Conquest of Mind

Note: The page numbers are from the third revised edition 2010. In earlier editions, please look up the chapter information in italics at the end of each listing.

68 “Sri Aurobindo” – “absorption as meditation deepens.” (3 paragraphs, *Chapter 6: All Life is Yoga*)

42–43 “The more we indulge our personal demands” – “pushing the frontiers of your world outward.” (4 paragraphs, *Chapter 3: Training the Mind*)

195–196 “Most of our daily activities” – “and over the edge lies disaster.” (4 paragraphs, *Chapter 13: Discrimination*)

Video Talk Options with Summaries:

2: St. Francis: Becoming An Instrument, Part I: *In Giving We Receive*

* Turn our attention towards the needs of others, rather than to what we, ourselves, want. As we learn to redirect our attention to the needs of others – our family, community and the world – we learn to exemplify what putting others first means.

* Tips on how to change our self-centeredness to other-centeredness.

2: St. Francis: Becoming An Instrument, Part II: *Instrument of Peace*

* As we faithfully practice meditation, cultivate our use of a mantram, and slow down, these three tools will teach us to become an instrument and therefore, allow us to respond to the needs of those around us and the whole world.

3: St. Thérèse: Finding the Divine Core, Part I: *Love At Its Highest*

* Thérèse: “Jesus himself will fill your soul with treasures in the same measure that you move your imperfections out of his way.”

* By cultivating the divine spark within ourselves, we can learn to love others fully, and put them first always. This simple but demanding practice is the path to discovering our “original goodness.”

3: St. Thérèse: Finding the Divine Core, Part II: *A Living Force of Love*

* Thérèse used her daily life to intensify her love for God, by looking for all possible opportunities to pull her attention away from her own self-willed desires and to transform them into one all-consuming desire, that of union with God.

* These are wonderful examples of how we can gradually draw our own attention away from our multiplicity of desires and learn to put others first in our own lives. By doing so, we also draw closer to our supreme goal.

7: Real-Life Stories of Transcendence, Part I: *The True Spirit of Worship*

* *Yajna*: a Sanskrit word which is “an act directed to the welfare of others done without desiring any return for it whether of a temporal or spiritual nature.”

* All our activities, particularly those which are distasteful or painful, can be directed and utilized in this manner, so as to put others’ welfare first.

* As a result of our endeavors for others, we will be able to draw on deeper and deeper levels of energy which he tells us is the “secret of health, strength, energy, vitality.”

30: The Spiritual Fight, Part II: *Seeing Life Clearly*

* An in-depth look at the first three steps of the Noble Eightfold Path of the Compassionate Buddha: right understanding, right purpose, and right speech.

* Tips that will help us understand how to cultivate loving relationships with others and how to make lasting contributions to the world through putting the welfare of all above our own personal desires.

34: Make Your Life a Gift, Part II: *Building Security*

* “Wherever you can go out and help others, you’ll find your mind at peace. Wherever you can assist others, without thinking of what you will get, you’ll find your mind secure.”

* Importance of maintaining detachment when we are in conflict with others.

* Detachment is necessary in putting others first on all levels – individual, national, and international – if we are to solve the many problems that are facing us today.