

**SKY K1  
TRAINING  
WEEKENDS**

**UFTON COURT**



**MANUAL TO  
SUPPORT  
GROUP LEADERS  
WITH SEVA**



# What is Seva?

What is seva?

Seva is an attitude as much as it is an action. Seva, defined as selfless service, is when you approach the world around you from the perspective of “what can I provide to uplift these people, this place?”

Every action and interaction can become *seva* when it is conceived and executed without thought to how it benefits you or if you will receive praise.

At other times, *seva* can be a focused, premeditated activity such as preparing *langar*, a community meal, volunteering with an existing service organization, or even starting your own organization to fill an unmet need in the community. The concept of *seva* is familiar, usually central, to many faiths and cultures. And doing *seva* feels good!

Once *seva* has truly become selfless, then you know you've made it. When your actions are without all the trappings of ego and ***maya***, then you are in a state of yoga, a place of union. It is the culmination of all those Kundalini Yoga *kriyas*, the early mornings of ***sadhana***, meditations to clean the subconscious, and the commitment to live consciously. Possessing the power to sacrifice manifests as *seva*, living in a space of neutrality, beyond duality an expression of gratitude.

Being able to give is also an expression of deep gratitude. Starting with our breath, each of us receives so much, every day, from the Infinite that participating in *seva* is a natural response rooted in gratitude. When connected to sweet presence of the divine, serving others is a way of expressing thanks and responding to the gifts we receive.

*Seva* allows us an opportunity to be fully compassionate, to engage with our world and community. Along with creating a space of neutrality that results in happiness, the act of *seva* is one of gratitude.

## **ARRIVAL ON FRIDAY EVENINGS**

1. Check the board rota and look carefully at the allocation of duties for your group.
2. Arrange to meet your group to inform them of their duties for the weekend.
3. If a number of people from your group are absent ensure you tell the person in charge of seva so that appropriate support can be provided for your group.
4. If your group are on shopping duty ensure that all food is checked in and packed away.
5. Ensure that all teas are placed by the water machine.
6. If on cooking duty ensure that food starts to be prepared immediately, someone from your group needs to be there at four, or the group have pre-arranged to bring ready prepared food.
7. If not on cooking duty just check in with the group cooking and see if you can provide any assistance.
8. Meet for 5 minutes to ensure all is ready for the weekend.

## KITCHEN CLEAR UP SEVA

1. Allocate people in your group to different duties.
2. Food needs to be scraped from plates/bowls into bin, **raw food only to go into compost bowl**, plates/bowls need to be rinsed and stacked in dishwasher, cutlery into cutlery trays. One or two people to empty dishwasher and put everything away.
3. Pots and pans to be hand washed up in kitchen.
4. All sides to be wiped.
5. Kitchen sinks to be cleaned.
6. Floor to be swept in kitchen areas and area in and by the larder.
7. Wipe dining room tables and sweep floor.
8. Left-over food that can be used again needs to be wrapped and stored safely, **DO NOT KEEP AND STORE RICE** (it is the biggest harbinger for unwanted stomach bugs).
9. Tell the group leader of the group that is cooking next, what food you have left and stored and where it is.
10. Empty food compost bin (black bins marked food compost).
11. Empty black bin into dustbins near the back car park.
12. Empty recycling into appropriate recycling bin.

## COOKING SEVA

1. Allocate different people to different jobs.
2. Decide what you are cooking by working carefully with other groups so that food is utilised appropriately and a balanced diet is followed during the weekend.
3. For Breakfast Seva it is not necessary to have the entire group out. Porridge needs only one kilogram bag of porridge to be made, it gets thrown away otherwise, fruit, toast, dried fruit and nuts are all that is required for breakfast along with a large pot of Yogi Tea (see recipes).
4. For lunch and dinner Seva please have consulted with other group leaders so that all are clear about what is being cooked.
5. Prepare vegetables after breakfast or lunch and during breaks; try to avoid missing classes. When someone needs to remain behind to complete the cooking ensure that two people remain, preferably group leader plus one other, this is necessary for support and also for safety reasons.
6. Mung beans require soaking all day or overnight; be prepared!
7. Ensure bowls of fruit, nuts, rice cakes and toppings are available for snacking.
8. Ensure that the kitchen is cleared up and everything that has been used washed up and put away before the clear up Seva group take over.
9. Talk to the next Seva leader about what you have used and what is left over.

## **SUNDAY AFTERNOON CLEAR UP SEVA**

1. Ensure all washing up is done and packed away after lunch.
2. Clean cooker inside and out.
3. Clean all the tiles.
4. Clean all surfaces.
5. Clean out microwave.
6. Clean out fridge and larder sides.
7. Clean out fridge.
8. Ensure waste disposal is empty and clear.
9. Clean and drain dishwasher.
10. Empty black bin.
11. Empty any compost from bowl and wash the bowl up.
12. Wash dining room tables and sides.
13. Sweep and wash the kitchen floors.
14. Sweep and wash larder and corridor floors.
15. Sweep and wash dining room floor.
16. At the end of the afternoon session check around for mugs, re-run dishwasher and pack everything away.
17. Check kitchen for last time.

## **FINAL TIDY UP DUTY OF HOUSE**

1. Ensure all beds are stripped and bed linen placed in the laundry.
2. Check all rooms for mugs and take to kitchen.
3. Ensure all bins are emptied from bedrooms.
4. Check all rooms, if there is any lost property take it downstairs to get it claimed, if unclaimed at 4:00 then put in laundry room in lost property basket.
5. Check barn and conference room for mugs, rubbish and clear where needed.
6. Check to see if any other clear up groups require a hand.



## SHOPPING SEVA

1. Appoint a shopper or two.
2. Stock check the larder to see what food is already left (after lunch on Sunday) **and ensure that the person who is shopping adapts the shopping list accordingly**, Siri Shakti will help with this.
3. Put the food left on the trolley either into the boxes or leave on trolley if perishable.
4. Clear fridge and put any perishables onto trolley.
5. Put all food and tea that can be stored into boxes.
6. All boxes to be placed in Darryl's car.
7. All perishables to be shared out at end (a fair way is Kitchen and Shopping Seva groups to have first choice).
8. Collect money from everyone on Saturday, the amount is usually £20
9. Ensure that the person shopping takes a copy of the shopping list from the manual and adapts it according to the stock take.
10. Ensure that the people shopping have the appropriate money needed.

## GENERAL HINTS AND TIPS

1. Be on time for Seva, this enables you to be on time for classes!
2. Ensure that everyone in your group is given responsibility for an area rather than a general free for all.
3. Be mindful of clearing as you go along, if you see cups lying about then take them to the kitchen, don't leave it for someone else.
4. Don't waste food, use all parts of vegetables, compost what really cannot be used, do not overcook but equally ensure that there is a plentiful selection of fresh fruit and vegetables daily.
5. Exercise portion control, encourage your group to think of others who are coming behind, we can always go back for more after everybody has eaten! Remember teachers and some students may be late in because they are in discussion, check everyone has been through and if necessary plate some up.
6. If you are in a Seva group please be mindful and present, sitting chatting whilst everyone else in your group is working does not make for good Seva.
7. Recycle what you can
8. Please cook vegetarian food **without** dairy in it or added to it, dairy can be added after by individuals if they require it, this ensures that people with intolerance to dairy or a lifestyle choice of being vegan are catered for.
9. Please check the kitchen food list for intolerances, for example wheat, gluten etc.
10. If you have anything specific that you require, for just yourself, please bring it for yourself and tell the person in charge of Seva it is for you and they will organise where to keep it and when to cook it.

## **SUGGESTED MENUS**

### **Friday evening**

Soup

Bread

Salads

Or

Hummus

Jacket potatoes

Olives and salads

Rice cakes

Fruit

### **Saturday Breakfast**

Porridge

Toast

Spreads (Peanut butter, honey, marmite)

Fruit salad

Seeds

### **Saturday Lunch**

Mung Beans/Rice

Roast vegetables

Fruit

Nuts

Seeds

### **Saturday evening**

Salad

Potatoes

Soup

Bread

Fruit

Seeds

Golden Temple Milk

## **Sunday Breakfast**

Porridge  
Toast  
Spreads (Peanut butter, honey, marmite)  
Fruit stewed or baked  
Nuts  
Seeds

## **Sunday Lunch**

Lentil and vegetable dhal  
Vegetable curry  
Rice  
Salads  
Fruit  
Nuts  
Seeds

In addition rice cakes, salad dressing (no vinegar, use lemons) and dried fruits can be put out.

Pots of Yogi Tea to be made daily.

Be creative with salads, use fruit, beetroot, seeds, made coleslaw (use vegan mayo), celery, peppers etc.

## RECIPES

*for approximately 20*

### **Butternut Squash Soup**

2 squashes

2 bags sweet potato

4 onions

5 carrots

1 knob ginger

Black pepper

Turmeric

Vegetable bouillon

Water as needed

Olive oil

*Add any extra vegetables – increase/decrease at your discretion*

1. Peel and dice vegetables
2. Fry the onions lightly, then add spices and ginger
3. Add vegetables and coat in oil and spices
4. Add bouillon and water and cook until vegetables tender
5. Taste for seasoning
6. Liquidise and serve

## Potato and peanut soup

Olive oil

4 onions

4 sticks of celery

1 bag sweet potatoes

1 bag white or red potatoes

Bouillon and water (16 cups approx.)

1 jar peanut butter

Cayenne pepper to taste

1. Heat oil, add chopped onions and celery, cook till soft
2. Add potatoes and broth and bring to boil, then turn down and simmer until vegetables tender
3. Puree soup
4. Blend 4 cups of soup with peanut butter and return to pot, season with cayenne pepper

## Curried butternut and red lentil soup

Olive oil

5 onions

4 butternut squash

5 garlic cloves

5 tablespoons fresh grated or chopped ginger

5 tablespoons medium curry powder

3 tins tomatoes

5 cups lentils

Bouillon and water

Black pepper

1. Heat oil, add onion, squash and garlic, stir, cover and cook about 10-15 minutes
2. Stir in ginger and curry powder
3. Add tomatoes, lentils, broth and pepper. Bring to boil then reduce heat and simmer until vegetables tender
4. Puree and add more water if necessary

## Carrot and ginger soup

Olive oil

5 onions

2.5 lbs carrots

15 potatoes

4 tablespoons fresh ginger

Bouillon and water

Cayenne pepper

4 teaspoons fresh lemon juice

1. Heat oil, add onions and cook till soft, then add carrots, potatoes and ginger, cook for about 5 -10 minutes. Add broth and cayenne
2. Simmer and cook until vegetables soft
3. Puree soup, add lemon, adjust seasonings and serve



## Mung Beans and Rice

5 cups mung beans  
12 l water  
5 cups basmati rice  
2 cups diced ginger  
10 onions  
10 garlic cloves  
20 cups chopped vegetables  
20 tablespoons oil  
7 tsp turmeric  
2 tsp crushed red chilli  
2-3 tsp ground black pepper  
5 tsp coriander  
5 tsp garam masala  
5 tsp ground cumin  
2 tsp cardamom pods  
Bay leaves, 5

1. Rinse beans, add to boiling water and cook until split
2. Rinse rice and add to beans
3. Add chopped vegetables
4. Heat oil in separate pan and fry onions, ginger, garlic and sauté, add spices and cook 10 minutes, stirring
5. Add all this to the lentils and rice and continue to cook

## Lentil and vegetable dhal

5 cups lentils  
Olive oil  
5 onions  
10 cups vegetables  
10 garlic cloves  
7 tsps grated ginger  
5 tablespoons curry powder  
2 tsps ground cumin  
2 tsps ground coriander  
1 teaspoons ground cayenne  
3 cans tinned tomatoes

1. Cook lentils in boiling water, along with the vegetables until lentils split and vegetables soft.
2. Heat oil, cook onions until soft, add garlic and ginger and cook for about 30 seconds more
3. Add curry powder, cumin, coriander, cayenne and tomatoes, stirring until all blended.
4. Add tomato mixture to drained lentils
5. Cook another 10-15 minutes

## Vegetable curry

2 bags potatoes, sweet or white  
Olive oil  
5 onions  
10 cups vegetables whatever is left over)  
10 garlic cloves  
7 tsps grated ginger  
5 tablespoons curry powder  
2 tsps ground cumin  
2 tsps ground coriander  
1 teaspoons ground cayenne  
Bouillon and water  
2 cans tinned tomatoes

1. Fry onions in oil until soft
2. Add all spices and ginger and blend in well
3. Add vegetables and chopped potatoes and coat in oil and spices
4. Add bouillon and water and bring to boil
5. Turn down heat, simmer and cook until vegetables tender
6. Add tomatoes and check for seasoning
7. Serve with basmati rice

## Golden Temple Milk

1 1/3 litres water  
5 litres soya milk  
3 tsp turmeric  
20 tablespoons almond oil  
Honey

1. Boil turmeric and water
2. Boil milk with oil
3. Add water mixture and milk together, add honey to taste

## Yogi Tea

14 litres of water  
80 slices root ginger  
120 cloves  
100 cardamom pods, cracked  
100 black peppercorns  
20 sticks cinnamon  
40 teabags (black tea) Or 10 teaspoons  
Honey to taste  
Add milk if desired

1. Bring water to boil, add spices
2. Cover and continue to boil 15-20 minutes
3. Remove from heat and add black tea, let it steep few minutes
4. Add honey, and milk if required, bring back to boil and remove from heat.

## **Yogic Diet – You are what you eat**

Pages 252-260 of the manual

In the Spring term at Sky you are encouraged to undertake a 40 day cleansing diet. There will be plenty of advice and guidance to support you and a cleansing diet is amazing, not only is your body cleansed but also a mental and emotional cleansing can occur as well. Anger and negativity can occur and this is where the support from others and the use of your meditative mind comes into play.

The three diets on offer are:

1. Mung Beans and Rice, a good cleansing diet that offers plenty of nourishment and is good for the kidneys, colon and digestion with plenty of fresh vegetables cooked into it.
2. A Fruit, nut and vegetable diet, this is good for springtime as a cleansing diet and useful to do with a family around as it is easier to adapt for families.
3. Green diet, this is a rebuilding diet which alkalises the body, for losing weight, clearing the skin, cleansing the liver and relieving toxic mucus conditions.

### **The 40 Day Green Mono Diet**

The 'green diet' invites you to go colour-blind and attune your eye to only green fruit, vegetables, nuts, legumes and oils.

Having its roots in the food side of yoga (Ayurveda), this diet was brought to us by the beautiful spiritual giant Yogi Bhanan. He presents a thought-provoking premise: 'Woman is the one creature on earth who needs more chlorophyll than anybody else.'

Does this mean this diet does not work for men? No, it works great for everybody, but we're just confirming what we knew all along – that women and men on occasion have special and enhanced nutritional needs.

Yogic cleanses are also called mono diets. The teachings of Kundalini Yoga suggest that a mono diet may have merit over a fast (the complete omission of food). A regimen of healing foods 'bathes' the internal organs with particular nutrients again and again to the following benefit: the healing could be compared to the effect of a daily supplement. It needs to be taken for a while to have a deep effect: the autonomous nervous system expects a particular job of digestion – it can now relax and turn its attention to

areas that need repair; healing foods create alkalinity; disease cannot thrive in an alkaline environment; detoxification speeds up when one nurtures oneself with a constant stream of enzyme-rich, antioxidant-laden foods – the healthy items create a centrifugal ejection of toxins.

Start out by making a list of all the green foods you know (and I didn't mean Peppermint Crisp.):

**FRUIT: Green Apples, Sultana Grapes, Kiwis, Sultana Raisins, Figs, Pears**

**VEGETABLES: Baby Marrows, Broccoli, Dill, Parsley, Spring Onion, Cucumber, Rocket, Lettuce, Green Olives, Green Chillies, Wheatgrass Juice**

**BLESSED ALL SORTS: Pistachios, Pumpkin Seeds, Mung Beans, Nori Sheets, Olive Oil, Spirulina, Chlorella, Avocadoes: 1 – 1½ a day, Jasmine Tea, Green Tea**

**ALLOWED: All Herbal Teas, Lemon Juice, Fructose, Honey, Yogi Tea, Soya Sauce, Herbal Salt, Spices, Store-bought Apple Juice, Psyllium Husk for Colon Cleansing**

Can you fathom some interesting dishes out of these? All you really are omitting from a varied vegetarian diet is dairy, bread, pastries, tofu and soya sausages etc.

Some people have the preference of keeping fruit and vegetable items apart for easier digestion, while others do not have this bias. It may be advisable for you to consult with your health advisor before trying this program. You should not embark on this cleanse if you are pregnant, breastfeeding or undernourished.

## **WHEN TO CLEANSE?**

Some experiences in life invite and inspire us to cleanse. Yogi Bhanjan says: 'You can call yourself a person of experience when you have cleansed.' Natural and opportune times can be change of season, the loss of a relationship, a change at work, holidays, getting ready for a holiday, preparing for a wedding, taking a sabbatical, giving up smoking or any other events in your life that ask for this kind of honouring. As with all cleanses, you are bound to experience both highs and lows. Don't expect to carry on exactly as normal. Observe your symptoms and care for yourself with love.

When you:

Are Tired – Rest Or Nap

Are Cold – Dress Warmly Or Take A Bath

Are Sore – Curl Up With A Hot Water Bottle Or Go For A Massage

Are Itchy From Detoxing – Skin-brush

Feel Vulnerable – Go Somewhere Safe

Feel Energised – Go For A Walk

Feel Peaceful – Write, Meditate, Practice Yoga, Admire Creation

There are many benefits that can be achieved through this diet. It is one of the most alkalinising diets, and alkalinity in the body allows oxygen to feed and rejuvenate your cells. You will be able to breathe better and more deeply, thus your body will shed accumulated mucous from the lungs and the digestive system. A little weight loss can be expected; it will be along the lines of allowing your body to come into its natural shape.

Chlorophyll naturally deodorises your body. The fragrance of an inwardly cleansed body is natural and beautiful and truly a discovery. The green diet also enriches your body's uptake of folic acid and can be useful for when a couple wants to conceive.

The green diet creates luminously beautiful skin – you will feel extremely radiant. Your nervous system will relax. In the case of acne, it is recommended to eat veggies only and to leave the fruit.

## **Some recipes for the diets**

### **Fruit Nut Veg diet with some Raw**

#### **Fresh Fruit Jam (Raw)**

1 cup blueberries or raspberries or strawberries

¼ cup medjool dates, packed in

Whiz in a blender and will keep in fridge for 2-3 days

#### **Strawberry Pie**

Piecrust

2 cups mixed nuts

2 cups pitted dates

Blend together in blender, you may need to add small amount of water

Press into Pie dish or round flan dish

Filling

1 cup cashews

½ cup raw coconut oil

½ cup water

Place all ingredients in blender and blend until smooth

Spread onto the piecrust

Topping

Slice one punnet strawberries onto the pie filling

Blend 1 punnet raspberries with small amount of raw agave nectar or date syrup made with 3 dates small amount of water

Pour sauce over strawberry pie and place in fridge where it all sets.

Enjoy it is absolutely delicious and so healthy.



## **Green or Fruit nut and veg**

### **Green stuffed peppers**

Lightly fry 4 spring onions and wild garlic if you can get

Add 1 finely chopped small courgette and stir

Add fresh basil and parsley and stir in

Add 2 cups ground pistachio nuts and stir

Add small handful dulse

Add 2 large handfuls of spinach and stir until wilted

Add a small amount of water and bind together

Cut the top of a large green pepper and stuff the pepper with the nut mixture

Bake in oven 18 degrees for about half an hour

Serve with a large green salad with avocado and lime whizzed up together and poured over the salad like a creamy mayo dressing, good for raw diet too

### **Basic Ice Kream (good for raw and FNV too)**

1 cup pistachio nuts

Small pinch raw green stevia (not the commercial stevia in supermarkets) optional

4-6 tablespoons pureed kiwi juice

Blend all together and freeze

Serve with pears poached in nettle or peppermint tea

### **Green Chilli and garlic paste (from kundalini yoga cookbook)**

4-5 handfuls small green chillies

3 garlic cloves

Juice of 1 lemon

1 handful of fresh coriander chopped

Blend the first 2 ingredients until smooth, mix in lemon juice and coriander. Keep in a jar in fridge for up to 4 weeks. Add to soups or salads etc.

### **Ang Sang wha-hay guru mango chutney (from kundalini yoga cookbook)**

2 medium tomatoes, diced

1 mango peeled and diced

1 small red onion, diced

2 garlic cloves, chopped

Juice of 1 lime

1 green chilli, de-seeded and diced

Blend all ingredients until combined but not too smooth. Chant Ang Sand Wahe Guru while blending! (The dynamic, living ecstasy of the Universe is dancing within every cell of me).

**More recipes are available from Livtar Kaur who has a cookery book called 'A Yogic food journey'**



## BASIC SHOPPING LIST

Sainsbury's delivery - for approximately 30 (organic where possible)

Item	In stock	To buy
2 kg Rice		
2 kg Raisins		
3 kg nuts		
500g sunflower seeds		
500g pumpkin seeds		
1 large tubs hot curry powder		
1 tub basil		
1 tubs ground cumin		
1 tubs garam masala		
1 tub turmeric		
1 box bay leaves		
Cayenne pepper		
1 coarse ground black pepper		
Cinnamon sticks		
Black peppercorns		
Cardamom pods		
Ground cumin		
1 bottle Almond oil		
Sea salt		
Cinnamon		
Nutmeg		
1 bag Desiccated coconut		
Yogi tea bags (12 boxes)		
Peppermint Tea (2 boxes)		
Herb teas (2 boxes)		
1 tubs vegan bouillon ( <i>Marigold salt reduced, vegan friendly</i> )		
2 litres olive oil		
4 tins tomatoes		
1 kg mung beans		
1 kg lentils (red)		
2 kg porridge oats		
6 packets rice cakes		
2 Honey, squeezey		
4 Whole Earth peanut butter		
500g Marmite		
1 Pure dairy Free Spread		
2 unsalted butter		
2 pints milk		

Item	In stock	To buy
4 almond milk (for Golden Temple Milk)		
4 Rice milk		
6 tubs Hummus		
6 tubs olives		
2 Agave syrup		
3 crusty loaves (cobs, bloomers preferably wholemeal or spelt)		
3 loaves wholemeal or seeded sliced bread		
½ kg ginger		
1 bag chillies		
6 Peppers		
3 kg courgettes		
8 lettuces (Cos or Romaine)		
4 kg parsnips		
6 So organic bags of onions		
2 kg leeks		
6 bulbs garlic		
4 kg carrots		
6 packs beetroot		
3 butternut squash		
8 cucumbers		
4 bunches celery		
4 kg tomatoes (loose/organic vine)		
3 packets cherry/small tomatoes		
4 bunches spring onions		
6 bags baby spinach		
30 avocados		
8 kg potatoes		
4 kg sweet potatoes		
5 kg pears		
6 punnets plums		
6 kg apples		
10 kg bananas		
10 oranges		
8 lemons		
3 punnets grapes		
30 baking potatoes		

