



## Serving & Giving: Gateways to Higher Consciousness

*DSS John-Roger, Paul Kaye*

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Looking at the act of giving as a way to bring greater happiness into the life of the giver as well as the receiver, this insightful exploration challenges contemporary concepts of service. Offering simple and practical techniques for open-minded volunteering, a wealth of quotes, narratives, and reflective pieces seek to motivate and inspire. Encouraging an attitude of selflessness with positive and timely action, this thought-provoking guide posits that serving is a gateway to higher consciousness. Comprised of brief, clear chapters, this perceptive meditation is easy to reference while attending the needs of others.



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