



# ALL WORK IS MY WORK

## SWAMI SAYS ..

*It should be realised that there is no greater friend for anyone than God. He is beyond the reach of praise or censure. He does not give up man on the ground of the latter's failure to come up to His expectations.. God desires no offerings from any devotee. He is the only one friend who confers benefits on devotees without expecting any return. Nevertheless man does not readily accept such a friend. Only the man who accepts God as such a friend and is guided by His advice can understand the full meaning of Divine friendship. [SI 4.12.06]*

## How to take a (Secret Sai) break!

♥ **It doesn't require** a big break: maybe when you get up for a glass of water or to go to the toilet - you don't have to sit and meditate - it's instantaneous! ♥

♥ **When I'm really** frustrated, I just go for a walk. Just drop everything and go! ♥

♥ **Namasmaranam!** You have that rhythm in your head. ♥

♥ **If you can't** leave the office for a break, you have at least 5 minutes when you are making the tea... it's disguised! ♥

♥ **I have AWWW** in my clipboard and when I finish my pile of work, I see it and think "Oh Swami!" ♥

*We will continue meeting through the summer but for Christmas week - Next meeting Friday 15<sup>th</sup> Dec, 8pm, same place!*

## "In practising L@W, your own vibrations lift people around you to make the environment around you more loving."

I've been asked to organize a conference and it's been so frustrating waiting for registrations .. can't order catering etc. Got to the end of the week thinking "we may have to cancel this" .. felt disappointed for the amazing people who've contributed to this project. Then all day today faxes rolled in and the phone rang hot! I had the registrations. Thought, "why have I been worrying about this?" It's all about letting go! ♥ **Earlier on in** the week I was let down by a candidate who pulled out of a job after accepting. Was so caught up in making things happen that I wonder if I even thought about Swami!.. probably still not surrendering. ♥ **Where is the** line between giving up doership but still doing what you have to do? ♥ Of all the Sai concepts, I have the most difficulty with "Surrender". ♥

1. **You do to** the best of your limit - physically you've done your duty. After that it comes down to having the confidence to let go. Results follow. ♥
2. **I reflect back** to every instance when He's taken care of me... "You've taken care of that, why can't You take care of this now, Swami? And He will but His time frame may differ from yours.. ♥
3. **Sometimes Swami takes** something away. Then you understand it's not meant to be, because you let go .. of your own emotions and your attachments to it. ♥
4. **The biggest test** is to keep thinking that He's done the perfect thing for you. ♥
5. **If you're concerned** about something, Swami will always look after it. You just have to think "Swami will look after this thing". You've passed it on, that's all that you can do. ♥
6. **For me, surrender** is an active process, not passive at all. Surrender is doing my absolute best, till I can't do any more, then letting go of the result. When the thought of attachment arises, I say "Swami, this is Yours", every time. Not easy, at first. Ends up bringing me closer to Swami, because I'm thinking of Him more! ♥

*Once you surrender yourself completely to God, you and He become one. ~ Baba*

## ".. washed each car as if it was Swami's. It's physical work, not really mental, so I started singing bhajans out loud. I didn't think I was that bad, just singing from the heart but one guy said to me, "Hey mate, do you need headphones?""

### Client, colleague, teacher

I was really upset that my colleagues didn't care about a patient outside their narrow specialty interests. It was hard to see Swami in them .. to find that love for my colleagues .. You can't determine how others choose to behave and act. Just accept. ♥ **I started the** week thinking I couldn't be bothered. That dragged on through the week! I caught myself out being that way and I think it's when I saw a client whose partner had kicked him out of his business but he didn't know what he was doing and signed it all over to her so now he's broke. He's got children to feed and his wife doesn't work either. I've never had to ask myself where the next feed was coming from... it changed my "can't be bothered" week. ♥



*You should realise that it is not possible for anyone to know in what form, in what situation, at what time and in what circumstances the Lord appears to man to teach him how to get rid of his bad thoughts, bad qualities and bad actions. [SI 8.12.06]*

### "It's in the words ..."

One particular bloke was being given a hard time at work, as I shared last week. This week I really made an effort to show him more respect, talk to him in a more friendly way. This led to jokes, laughter. I wanted to do it in a way that made it obvious to him that I cared about him. Made me think of why we make the effort? Did I benefit or did he? But at least he was laughing! Later in the week I did speak negatively about him but more from a practical perspective.. Tried not to use language like, "he's hopeless!" I wanted to highlight to myself and to others the demarcation between his professional work and him as a human being. ♥ **My sister works** so hard, everyday she does overtime but her manager frustrates her .. In advising my sister, I had to stop to think, "how would I infuse love into this situation?" ♥ **It is in** the words that you use so you don't come across as harsh or defensive. ♥

## "Reminding myself that it is all for Sai.. remove my ego from the equation. He asks, He does, He enjoys. This makes things happen so much easier and gives the patience, tolerance etc. required for the working day.."

### Emotions @ work

I had a frustrating week .. trying to round up everything for the year but I'm not happy submitting something I'm not 100% happy with .. I took my frustrations back home, getting angry at the tiniest little things .. It hit me yesterday... I should just leave it to Swami.. Suffice to say He looked after everything and much more. I know I should think about it more before getting angry with people around me. ♥ **Monitoring your thoughts:** "My thought in this pattern is unnecessary!" Being aware of that is nice. ♥ **It's been a** roller coaster week. One day you're really happy, then you just cry. Otherwise I've had a great week! ♥ **There was a** lot of criticism floating around. Trying not to get into it but didn't do anything to counter it either .. did join into criticism of processes. I think I probably whinged too much. Once I started it was hard to stop because everyone joined in as well. I wondered if I was really criticizing processes or the people that devised them? ♥

One day I got to work at 11am in a restless mood, feeling distracted, bit upset. (The cricket was on TV and I couldn't even bring myself to watch it - that's how bad it was!) People around me at work picked up on this and they all took turns to come over to my desk and speak with me, not just about the cricket but just chatting, interacting with me. Felt a lot of love from them and I felt happy! I went home feeling a lot better. ♥

**"L@W makes me realise how special the people I work with are - they are amazing people!"**



*The greatest obstacle on the path of surrender is egoism and mineness or possessiveness. It is something that has been inhering to your personality since ages, sending its tentacles deeper and deeper with the experience of every succeeding life. Devotion is the water to wash away this dirt of ages and the soap of repetition of God's name, meditation and communion will help to remove it quicker and more effectively. [SI 11.12.06]*

**"Because you forget Swami, you have a greater yearning to remember Him later - that is also His Leela."**