

REFOCUS ON SAI

♥ When I first started my job, I had no work and I used to read articles on the internet and waste time. Then I thought I shouldn't be doing this. So I started to talk to Him instead. My entire focus goes to Swami now, even during lunch breaks.

♥ I stick reaffirmation notes in my diary and car saying, "Today's the best day of my life. Focus Focus Focus... Action Action Action" and "Peace, Love, Truth, Non-violence and Right Action are all in me". Whenever I look at it, I've got to stay on track. I realise that it is important to think like that, to stay focused.

"I did not stop talking to Swami at the beginning and the end of each day. Recalling all the details, thanking Him for them and surrendering each day to Him."

FORGETTING MY REAL SELF

My action is to touch-base with Sai through Namasmarana every 1 hour; it's at that point when all outer emotions and external thoughts are destroyed and I focus on the Being, the Sai inside. When I faced challenges, I used to fall into thinking that, "I can't do this" and lose confidence. By questioning my ability, I forgot that Sai is the real doer. That was my distraction. Now thanks to Swami's grace and my L@W action of touching base, when I'm on the verge of falling into the pit of distraction I can stop myself from falling through Namasmarana.

"When I think of Him, it really gives me pleasure. That's how I use L@W as a tool."

CALLING ON HIM

This week, I had to work in the lab with another engineer. I realised that teamwork can make a difference but I felt with this work it would be better to work alone as two of us working on the same thing made it inefficient. So I said to Swami, "Please help so that when I come home from work I can say that I am happy with my work today." I went to work the next day and out of the blue my colleague suggested dividing the work between us and after a week we had accomplished a lot. **What made me focus on the work and not get distracted is just to call Him - He provides the solution.**

ALL WORK IS MY WORK

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"Even if I accomplish many things in a day it is only if there is a lot of God in it that I feel happy. **It is that connection and realisation that God was around me which makes it a great day.** For me, saying the name "Sai Ram" makes me very efficient."



LOVE CONQUERS EVERYTHING

Last week I faced the most anxiety provoking events in my life. I am in the middle of my thesis and I was to present my study. However, I did not have the right result to continue the research and was asked instead to prepare a proposal in a week and present it to the Examiner Panel. The Panel was strict and had a reputation for tearing people to pieces. I was trying to be positive but was freaking out. The day before my presentation one of my fellow Love at Workers suggested sending love to the Panel. I decided to do this. I really surrendered to Swami. I thought '**How can this be scary, because they are You, You are them so how can I not love you?**' I told Him that we could do anything together. I thought, "When I am with You, we can fly over oceans, climb any mountains." So I said, "Let's climb this mountain together, just You and I. It'll be an opportunity to spend quality time and have fun together." I asked him to be with me and to help me see this experience as a way to grow. I told Swami, "**You and I are going to walk in there and love every single one of them as I love You and You Love me.**"

When I went to present the Panel members were so beautiful. They were smiling, polite and encouraging. I thought I had 40 minutes to present but actually I had only 15 minutes and had 26 slides! When I saw them, I greeted them and spoke to them as real friends and family. In the end it was not the disaster that I was expecting earlier in the week. In the end it was an amazing experience. I hope I remember this experience because **this proves to me that Love really works. You cannot deny it. With any kind of distractions - external or internal, thoughts and feelings - there is only one way to overcome it - Focus on Him.**

"With faith, our L@W action can bring us to Him.

Distractions are really minute things when we believe that all is Sai. Why did Krishna pick Arjuna? **Because his focus was really strong. That's how he became the best archer in the world and that's why God picked him.**

If we can keep our focus on Him, then He can't stay away from us."

KEEPING DISTRACTION AT BAY

Tip 1: Surrender to Him

♥ As a student I face many distractions. To help overcome them I surrender to Swami in the morning and ask Him to take care of me and to fill my chosen L@W action with devotion.

Tip 2: Call on Him

♥ When students gossip to avoid getting into the conversation I call on Swami. I know that only He is guaranteed to come and help. When I call on Swami, my mind begins to refocus on Him.

♥ Distractions are at bay when I call on Swami repeating, "Sairam Sairam". During the chant I focus on Swami. Swami is love, work, music...He is everything. When I focus on Swami, I remind myself that I'm His student and I should aim high in my work. That's how I get on with my work.

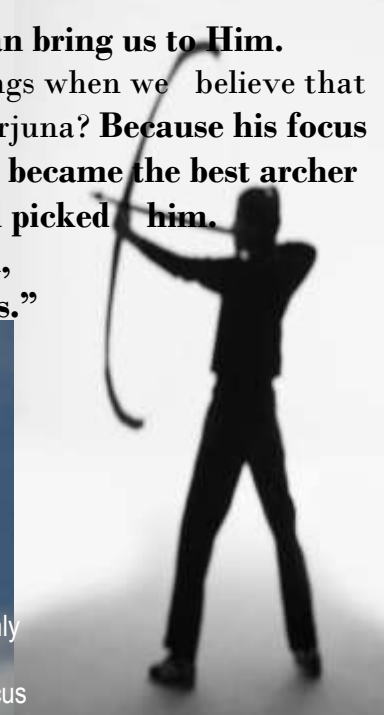
"Surrendering my thoughts, I realise I'm neither the thoughts, the mind, nor the body. I'm the soul seeking the atma which is Swami Himself. I have no business getting attached to thoughts/feelings."

FILL THE DAY WITH SWAMI

My l@w action is to chant the name of God. I do it well when I'm by myself. When I swim, with each stroke I say "Sai Ram". When I'm alone on the bus, I'm reading about Swami but once I get to university I'm really distracted. Every person who comes through the door wants to stop and chat, and I get distracted. So now I plug in mp3 player and listen to bhajans to avoid distraction, this helps me focus on my work.

Serenity alone succeeds in bringing about the result of the spiritual practices. Add this lesson to the practices you are engaged in. The true devotee will always dwell in God. He/she has no time to know or feel their welfare or worries. Attaining the Lord is the one and only idea in their mind...

~Sai Inspires 1st November 2009



Tip 3: Repeat His Name