

**JOY IN MY HEART, A
SMILE ON MY LIPS AND
I CALL TO YOU**



♥ The way I have been connecting to Swami is through calling His name. Lately I have been working offsite and my surroundings have been so noisy that I can call His Name as loud as I want through singing bhajans and no-one can hear me. Work has been very busy, I have been waking up every day at 5am to go to work and staying back late into the evening. Despite these long hours, I've been finding that

I never get stressed or tired of work. Sometimes the work involves manual labour like lifting instruments – had I been doing this job in the past I would have felt bad about doing such tasks but now I feel happy even when performing these tasks. **I realise that this energy and feeling of happiness at work arises from calling His Name.** When I do this I get a really strong feeling that He has come to my workplace and is standing with me. This is love at work for me.

♥ My L@W practice has become calling on His Name. Whenever there is angst or things are not going fine, His Name just keeps on repeating in my mind. It's through Namasmarna that I have been feeling His presence. This with the discipline of getting up at 5:30am, saying the Gyathri mantra and meditating every morning helps me leave the work in His hands.

♥ When I have been sitting in front of a book and cannot solve a problem I start repeating His Name to get inspiration. My goal is to make sure Namasmarna is there even when things are going smoothly, when there is nothing out of the ordinary happening.

“The most important thing is not even self realization, it's just love. I thought and felt more lovingly when I was doing the simple act of repeating ‘Sai Ram’”

ALL WORK IS MY WORK

Love@Work Bulletin ~ Issue 105 ~ 20 November 2009



Only by following the path of love can you experience bliss. Just as merely reciting the names of the dishes cannot appease your hunger, so too, unless you speak sweet words and do sacred actions, you cannot enjoy life's sweetness and be happy. . . True bliss is not found in this world.. Keep your mind always on God – only then will you have peace and happiness. ~ Baba, Thought for the Day 16.11.09

‘Through the practice of repeating His name, often times I am finding that when I see a patient, boss or colleague and I interact with them, the knowing just spontaneously arises in the mind that ‘I am the same as You’.’

EXPANSION IS LOVE

♥ This week I added to my L@W practice the act of pumping love on people. Swami has been reminding me to not be self-centred. Slowly He is pushing me out of myself and to treat everyone as though they are God and not anything different. At the beginning of the week we had a team meeting with staff from different offices. A guy on the table I was seated at was not talking to me as he had not been introduced. Normally I would have carried on without speaking to him, waiting until he introduced himself, but I decided this was not loving and introduced myself. If I had not done this, I would have missed out on interacting with a really lovely person. Swami has been giving me small opportunities like this at work to practise love.



♥ Nowadays I am self reflecting in the morning – I use it to motivate myself to wake up early. As soon as the alarm rings at 6am I run to my desk where my diary is ready. At that time my mind is clear and the first act of the day is to talk to Swami, just have a conversation with Him. I find that self-reflecting on the previous day's activity is working well as having a night's sleep gives me more perspective and it also allows me to set up the upcoming day with God.

MORNING SELF REFLECTIONS



At that time my mind is clear and the first act of the day is to talk to Swami, just have a conversation with Him. I find that self-reflecting on the previous day's activity is working well as having a night's sleep gives me more perspective and it also allows me to set up the upcoming day with God.

MY BELOVED GOD, YOU COME FIRST

A couple of months ago I was getting stressed at work because I was so busy. Taking the time out to ‘touch base’ with God by writing Namasmarna in my diary every hour really helped to remove this stress. I have been feeling that all this work is not as important as God is to me. While touching base with God I have been concentrating on telling Him that ‘You are the most important entity in the world, work is nothing’. Two days ago while I was touching base writing ‘Om Sai Ram’ one of my colleagues came to speak to me – he saw that I was writing in my diary and just waited for me to finish without interrupting. I felt it was Swami showing me that I can take time to touch base and there will be no disruptions.

‘The key to clear mind is not to ask too many questions but to bypass it completely by chanting His Name.’

If one escapes from the responsibilities of life or duties to society, peace cannot be enjoyed; peace will never come. However, if the desires and tendencies are eliminated and controlled, there is no need to run away.

~ Baba, Sai Inspires 18.11.09