

DEDICATING MY ACTIONS TO DIVINITY

♥ In the past couple of weeks I was caught up in a million and one things that had to be done and so wasn't thinking about Swami. That is the time where I had some of the worst therapy sessions. I started to get anxious in the sessions because I was getting caught up with thoughts about what I should do next. After the sessions I would feel emotionally and physically exhausted. That is when I realised I didn't dedicate those sessions to Swami and pray for those patients before each session as I normally do. Since realising this and actively trying to dedicate my sessions again, many amazing things have happened. It is as if Swami is showing me how important it is to dedicate my actions to the Divine.

MAKING MY L@W ACTION A HABIT

♥ My L@W action is to touch-base with God every hour. I do it when I hear the chime play on my computer. I do different things like chanting "Om Sai Ram" or dedicating my action to Swami. I am trying to figure out what works best for me. It has not become a habit because I am still waiting for the chime to trigger my action. If it was a habit, I would be automatically doing it every hour. To make it a habit I need to continue doing more of my action.

'Swami says it is a sin when there is no unity. I was contemplating what that unity actually means. I guess what it means is what one says, one must follow and do.'

TOUCHING BASE WITH GOD IS NOW A PART OF ME

♥ I can confidently say that my action has become a habit. It is because without even looking at the clock I know it is time for me to touch-base with Swami. I know it is time for me to write that one line of "Om Sai Ram's". It has kind of come into my system. I just love it. The amount of confidence it has given me, the amount of growth I have seen in myself, the amount of devotion is just beautiful. It has become a habit but I can still increase the intensity. Now when I touch-base, I am still aware of any distractions around me. I do not want that. When I am writing to Swami, I want to be only with Him; I do not want the world to come in.

ALL WORK IS MY WORK

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By conscious efforts, habits can be changed and character refined. Everyone has within their reach, the capacity to challenge their evil propensities and to change their evil habits... By selfless service, renunciation, devotion and prayer, the old habits that bind can be discarded and new habits which take us along the divine path can be instilled into our lives. ~ Baba, Sai Inspires 05.12.09



TO PLEASE SWAMI

♥ My L@W actions are Namasmarana and surrendering & dedicating my actions to Swami. I do it to please Swami. It is becoming more of a habit and helping me to forgo my bad habits. Namasmarana is making me more aware of my thoughts and helping me control them. I now find myself repeating "Om Sai Ram" when other thoughts start to arise in my mind.

'I have a ring which I wear and kiss before I do any action. It is reminding me to do my actions to please Swami.'

DETACHMENT

♥ My L@W action is practicing detachment. I enjoy doing it and there have been occasions where I felt separate from this body and one with God. This feeling usually does not last very long. I believe I will reach the stage where this feeling stays with me if I keep practicing my action.

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KISSING GOD'S FEET

♥ My action is to reflect on Swami's quote, "Your service to your patients is My Padanamaskar". I linger on every single character and every single word. I associate colours with words and so colours come into my mind. I become very aware of the quote and I absorb every word. The intensity is the same every time I focus on the quote.

I have an image in my mind of taking Padanamaskar from Swami. For me, that is the closest, most intimate experience I can hope to have with Swami in this lifetime. And kissing someone's feet is a very powerful image for me. It is extremely humbling to kiss the feet of a person. To kiss the feet of a homeless person - if you can lower yourself to kiss someone's feet - is a powerful thing. That is what Jesus did. So picturing Swami when I am saying that quote, picturing Him sitting there and me taking padanamaskar, and then visualising taking padanamaskar of my client, it helps me to engage very quickly.

MUSIC – THE LANGUAGE OF GOD

♥ I feel Swami through music. When I am in a tough situation, I just start singing a *bhajan*. It has become a habit. A very famous singer said once in his concert that music is the language of God. It makes us get close to God. I have been singing even without my knowledge, in the bus, at university, etc. That is how I stay close to Swami.

You must ask yourself this question: "The great saints were also persons like me... When they could attain perfection, I can also succeed if I follow their method! What profits me if I spend my time in discovering the faults and weaknesses of others?" The first spiritual practice is to search for the faults and weaknesses within oneself and strive to correct them and become perfect. You have only a short span of life here upon earth...even in this short span, by wisely using the time with care, you can attain Divine Bliss. ~ Baba, Sai Inspires 7.12.09