



NAMASMARANA POWER

♥ Namasmarana is so powerful so I have been saying it and writing it, even during case conferences. I find that doing Namasmarana helps me to remain more alert. It helps my concentration and I find that I can actually multi-task better.

♥ I got up one morning to do my meditation and had to be at work early at 7am. I was getting ready quickly but all the while, I was doing Namasmarana. While driving to work, there was a van in front of me which had 'IAS' written on it, S-A-I spelt backwards! It felt like it shouted 'Sai' at me. I could feel the intensity.

'During my lunch breaks at work instead of engaging in gossip I have started doing Namasmarana by writing 'Om Sai Ram' in my work diary'

SWIMMING IN SAI

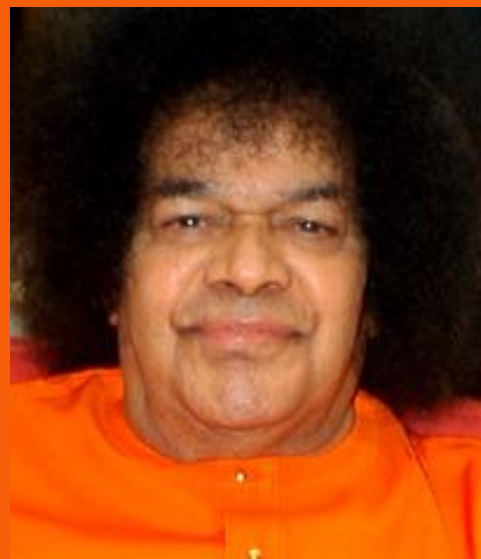
♥ I have been incorporating Namasmara while swimming laps each morning and its starting to produce amazing results and a fantastic feeling from within! At each stage of the stroke, I repeat 'Om Sai Ram' silently. This practice is such a gift as it helps me to connect with Sai and stay focused on loving God while swimming. If my mind wanders to something else that is not important I just bring it back to His Name. I also feel it brings greater mental clarity, strength and peace.

Now I have started to imagine the pool becoming infused with pink light and love so that all who enter feel this positive vibration of Swami and the energy of 'Sai Ram'. For each person I pass while swimming I also say 'Sai Ram' and wish them peace, harmony and to see the light of Swami.

Today I had the realisation that I am not really going to the swimming pool to keep fit, (although I love it!) but in fact to connect with Him and have the chance to repeat His Name!

ALL WORK IS MY WORK

Love@Work Bulletin ~ Issue 108 ~ 11 December 2009



Work is the mission of every individual. Renunciation and doing work are not contradictory - they are complementary. By giving up work, you will decline, without the progress derived from activity and the training achieved through it.

A real sanyasi (monk) is one who does not desire one thing or hate another. The word sanyasa (renunciation) when applied to work means to do your role without regard for success or failure, profit or loss, honor or dishonor... and perform each activity as an offering to the Lord.

Without work, you will get lost in the darkness of ignorance and be overwhelmed by inertia, dullness! So, better than giving up your work, renounce the fruits of the actions. It yields greater joy and that is the best path! ~ Baba Sai Inspires 11.12.09

108 - 1008 SPARKS OF DIVINE CONNECTION

♥ To remind myself of Swami, I look for the number 108 when dispensing prescriptions. My action is to say 'Sai Ram' as I dispense prescriptions and I use the tally on the computer to monitor this. Looking out for the number 108 as I am dispensing acts as a reminder to watch the tally and increase my intensity in doing Namasmarana. But I was frustrated all week as I kept under or overshooting it, and someone else would dispense the '108 prescription'. Today, I was shifting the car into the garage at home and I looked at the odometer, it contained the number 108. That was Swami.



♥ During the 45-minute drive to work, I try to chant 1008 'Om Sai Ram'. I count in my mind. If I lose track of where I am up to, I simply go back to the last number I remember. Now I am not listening to radio anymore and just focusing on Namasmarana.

LET GO AND LET GOD

♥ Yesterday a nurse from the Emergency Department burst into my clinic saying I was needed immediately to do an emergency procedure on a patient. As we both ran down the corridor, my heart was pounding; I had never done this procedure before! My ignorance compounded by urgency left me with a sense of overwhelming hopelessness and sheer panic.

I repeated the name of God over and over, between desperate pleas for help. Then something surreal happened. The sounds of the surrounding hustle bustle blunted to a low, drawn-out muffle. Slightly louder than this was the sound of my panting. But crystal clear were the words of my call to God, **'I surrender, Lord. Only you can do this.'**

Then, almost instantly, I was filled with joy. I felt light, like a feather floating in space. As I burst through the door of the Emergency Room, the nurse attending to the patient said, "Panic's over. It is not as bad as we thought. You don't have to do the procedure." Whoosh!

I sank into the arms of my Lord, waiting at the bottom of the precipice. I checked the patient and she was all right. She even thanked me for my care!

Sometimes, He takes you to the edge, just so you can let go without a trace of inhibition and fall into His arms.