

ALL I WANT IS YOUR LOVE, LOVE, LOVE...

♥ Swami said, 'Treat your heart like a balloon. A balloon fills with air until it bursts and becomes one with the rest of the air, thus becoming infinite. Fill your heart with so much love that your heart explodes and it becomes infinite.' I was very touched by this quote. If we just love, love and love, we can keep on loving. There is no limit. I need to practice this unconditional, unlimited love.

♥ The first action I started with is recognising God in other people. I did this by remembering Swami when people said my name. I was a nervous person around my friends but this action brought down my barriers. I can put more love out there because I feel I'm surrounded by Swami and it's easy to love Him.

'When I am loving, life is just so much easier as there is nothing more to do when you are just love. Love is what I strive to be.'

MAKING L@W A HABIT

♥ My love at work action of surrendering my work to Swami has taken over my life. I began this action whilst I was studying and then at work but now I apply it to everything. I made it a habit by placing a reminder to surrender on each new task in my university timetable. I'd close my eyes at each change in task and say 'I've done all I can at this point. Whatever happens good or bad it's not mine anymore.' I did this constantly.

♥ I love the saying 'Fake it till you make it' If you say something for long enough it becomes true to you. That's how we're conditioned. If you keep repeating one thing it becomes you. You find the method that's correct for you and keep doing that – the rest is up to Swami.

'He wants our love for just love itself, sometimes I do actions for a result and not always for Swami's love.'

ALL WORK IS MY WORK

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Whoever you may be, whatever spiritual practice or sadhana you may be engaged with, you still have to undertake work, learn and experience the activity and learn the consequence yourself for the sake of your mental health. This is necessary, if you wish to cure your mental weakness... ~ Baba, Sai Inspires – 28.12.09



NO ME, ONLY THEE

- ♥ If I do good work sometimes I get a sense of pride and it can get to my head. In this way I miss the point that Swami is the doer, it is His work. Surrendering has definitely helped me, it has diminished my ego.
- ♥ I don't tend to think that I'm doing anything anymore. It's good because there are no self imposed limits. So much more can be achieved if you are not held back by the ego.
- ♥ I feel that the work I am doing is Swami's work, I surrender to Him at the start of each day. Even through distractions and obstacles I still feel I am doing His duty, and all is God's work.

'When I am really doing something I don't like, I tend to sing out loudly and the God within me takes over. Then the work just happens.'

REPEAT HIS NAME

- ♥ When I do Namasmaranam I'm much quieter and calmer. The things I usually stress about have no significance whilst doing Namasmaranam.
- ♥ Every hour I write down Om Namah Shivaya 21 times. It takes just one and a half minutes. Everyone at work now knows I'm praying so they do not disturb me. The effects have been completely positive, even when my boss sees me writing he lets me be.

HOW TO DEAL WITH PEOPLE BEING NEGATIVE

TIP #1

Steer the conversation the other way, try to get to the solution rather than the problem.

TIP #2:

I try and use humour. I look at how silly the complaint is, then delve into that to bring out the humour -this helps take away the negativity.

TIP #3:

If it becomes too difficult to deal with, try & move physically away and mentally send the people good energy through Namasmarana.

TIP #4:

I Try not to be drawn into the conversation by reminding myself that Swami has put me in this situation as training and to speak ill of others is a sin. The best solution is to remain silent where possible and do Namasmarana.

Man loves because he is Love. He seeks Joy, for he Is Joy. He thirsts for God; for he is composed of God and he cannot exist without Him. ~ Baba,