

SWAMI'S BOND OF LOVE

I never had any enthusiasm for Sai literature. But as the L@W meetings weren't happening, and based on advice from one of the L@Wers, I picked up some Sai books. I read a chapter before and after school. It was through reading these books that I intensified my practice of love. Swami spoke in the books about equal-mindedness – He taught me that He has given me the power to choose whether to react in a high or low way.

At school there is a boy who started hanging out with us. He doesn't have a father and his mother is not very strict with him. He swears a lot and a lot of people don't like him. No-one in my group of friends likes him but he is close with me. I felt frustrated and asked Swami, 'Do I leave him as a friend or not?' The answer came from within: 'If I can influence him with my behaviour there is no need to leave him, I just need to make him aware of his behaviour and let him know if his actions are not right.'

Later, we were out playing cricket. He spoke to me so politely. I was so happy. As I left I kept repeating 'I love you Swami, I love You.' I think even though we're thousands of miles apart, He's brought me closer to Him through that one bond of love.

'This week it was much easier to remember Swami each morning, as opposed to last week when it was a struggle. Now my first thought is always to thank Him for the day ahead. It has proven to me that all one needs to do is make a sincere effort and Swami will invariably respond.'

ALWAYS IN GOD'S COMPANY

♥ The way I'm starting to get closer to Swami is by surrounding myself with people like you (L@Wers). The quality of the company here compared to the people that I hang around with at school is very different. I told myself: 'I need to surround myself with people like you, people who are so much like Sai.' I still love my friends and don't want to avoid them; I just don't want to do certain things they do

♥ I don't feel lonely anymore because I feel His presence with me all the time. I believe it has to do with my L@W action, which is surrender. I am applying this to everything I do and it has started to spill over into my personal life. For instance, today the house was quite untidy and I didn't know how I was going to clean it. When I stopped thinking and surrendered, I managed to do all the housework in one hour. My mum even commented on how clean the house was! Though I was alone, I felt Him with me and was so much happier because of this. I need to keep doing this L@W action as I don't ever want to go back to feeling lonely or down again.

'If we hold on to him, everything is beautiful and just falls in place. Namasmara is the biggest gift He's given to us in this age. And I'm going to hold on to it.'

'I feel that God is a subtle cosmic energy and I've been trying to tap into this. I am trying to practise not getting emotionally attached to things that happen to me or around me.'

ALL WORK IS MY WORK

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'We always talk about taking a little step towards God and Swami will take care of the rest. One of His students asked us, 'Why just take one step? Take all hundred steps to Him! Run to Him!'

'That's the mentality and attitude of His students. They raise the bar high and aim for the sky. Swami said we are no different from His students so I am aiming high and pushing myself. Just having devotion with no discipline is not good enough. I'm making sure that I do not waste a single moment.'

'Happiness lies in making sure I spread love and make people smile.'

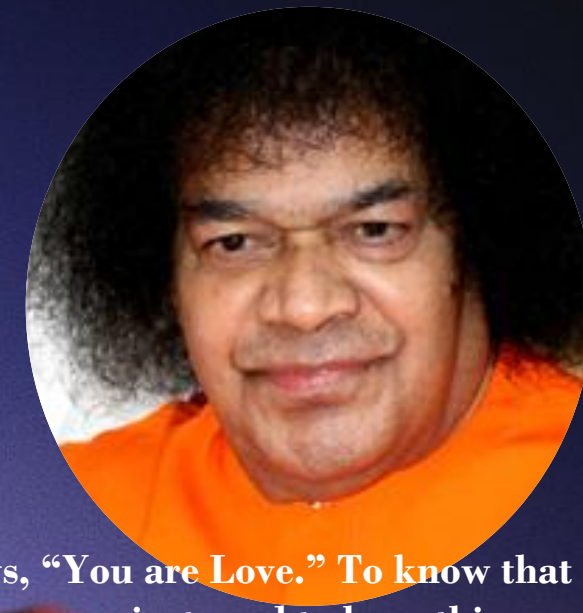
LISTENING TO MY HEART

I'm trying now to listen to the inner voice. And if He's within me, He's within everyone. Going deeper within myself is helping me make decisions. I am trying to listen to what my heart is saying. Before, I was listening to my mind and it was difficult to know what was coming from my heart. But the more I do it the better I'm becoming at recognising what's coming from the heart.

'I prayed to Him to take away the distance between us so that I can breathe through Him and look through His eyes. I think I prayed really hard because even now I feel Him all the time. I am going to continue just focusing on being with Him.'

YOU RAISE ME UP

I was at work and had to look at 150 invoices. It was boring. I wondered why I was doing this work and wanted to get out of there. My L@W action is to do everything as if I am doing it for Swami. But as I didn't come to L@W meetings for a while, I got side-tracked from my L@W action. The lady who was helping me with the invoices had the radio on. At one point when I really felt like going home, I heard the song "You Raise Me Up" (which we sang directly to Swami this February). Even though I get distracted from the path, Swami is holding my hand and making me want to get closer.



'Swami says, "You are Love." To know that we are love we just need to have this one thought. And when the thought comes, everything that is associated with it, comes too.'

ONLY THOUGHTS OF YOU

♥ Namasmara is my saving grace. The mind wanders a lot whilst engaged in mundane activity. When wandering thoughts arise I stop them by doing Namasmara. I have been practising discipline for the body and Namasmara for the mind. When I do both these things I feel happy as all unnecessary thoughts and excess mind-chatter ceases.

♥ I can very confidently, with full faith, say that He's with me all the time. Through what I have observed and felt, I know there's no separation between He and I. And that's the Truth. I think I experience true happiness when I feel this Truth or if I'm doing something where I don't have any other thoughts besides Swami or work. The fact that I don't feel happiness all the time is because my mind is wavering. I need discipline to control my thoughts and actions – this is what I need to work on.

Everyone who is engaged in repetition of the Holy Name, observes vows and has self-control and discipline is dear to the Lord. These people have faith, patience, warmth towards all and are filled with kindness and joy ... ~ Baba. Thought For the Day 19.04.10