

'I am trying to do my work to the best of my ability whilst being conscious of the fact that I am not the doer.'

SWAMI, THIS IS YOUR WORK, THESE ARE YOUR RESULTS

♥ I was given an assignment this week to design a bridge for use in Papua New Guinea. Although the bridge was hypothetical, I imagined it was real. I took the assignment as a duty given to me by Swami. After finishing each calculation, I would thank Him and give everyone a hi-five to keep reminding myself that it was His work. When I submitted the assignment the teacher told me that it was of a very high standard and if I kept this up I would get a good grade.

When I was telling my mum about my teacher's positive response, I realised that the mind still felt that I had done the work. I remembered that Swami said not to give any room for ego. I stopped and surrendered it to Him. I said to my mum: 'No, Swami was happy'. He gave the work, He did the work and He's relishing the result.

'When I think I can't do it anymore, when I think this is it and I can't push myself anymore, the Name pushes me. It shows me my limitations and gives me strength; it knocks my ego.'

FOCUS ON HIM, EVERY MOMENT, EVERY WAY YOU CAN

♥ My L@W action is Namasmarana. Sometimes I find when I am just sitting idle, like on a bus, I get distracted easily from connecting to God. This happens even whilst doing Namasmarana as I continue to take in what is happening around me. So I have now started reading on the bus. It not only expands my knowledge but helps to keep my attention on God.

♥ I've chosen two L@W actions: Namasmarana and discipline in my daily routine. In both areas I can do more. For example, I can do regular exercise. Namasmarana and discipline are tools that will help me become centered in my Self again.

♥ I am trying to do my work as well as I can, for Swami. I find it difficult to differentiate between whether I am working hard because the work is there or if I am genuinely offering it to Swami. Right now I feel that I'm not really connecting to Swami because I am so busy. I think I need to add in Namasmarana during the day to help me connect to Him.

'My L@W action is going to be self-inquiry, to question "Who am I?". I will do this at regular intervals, especially in situations where I might get agitated. It is to remind me that I am something more than what I think I am.'

ALL WORK IS MY WORK

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Karma or activity which binds is a huge, fast-growing tree. Undertake every act as an act of worship to glorify the Lord; it is like a powerful axe that can cut the root of the tree. ~ Thought for the day, 28th April 2010

'When an unpleasant situation arises, the fastest way to get out of it is to not react. It's like a game – the other person shouts, you shout, they shout back, and you shout even louder. Like tennis, it needs two people to keep it going. If the other person serves the ball and I don't hit it back, the game can't continue.'

FOCUSING ON THE POSITIVE, FOCUSING ON LOVE

♥ I am having difficulty with a receptionist at my new job. We both seem to get in each other's way. One afternoon, I was sitting in the staff cafeteria and typing the last set of notes from seeing a patient. The receptionist told me the area was just for full time staff (I am an external worker) and asked me to leave straight away without even allowing me to finish my coffee. I left angry. One of my colleagues called and I told him about the receptionist. But as I was talking, I realised that I was being very petty. I now spend a couple of minutes each day with this receptionist just chatting to her. Even if I can't make small talk, I try to tell her how much I appreciate what she is doing. I really want to be able to look at her and feel like I'm having Swami's darshan.

♥ This week I delegated some tasks to team members. Their work ethic was poor so I had to be firm with them. But I realise now that I should have the right spirit when giving feedback; I should highlight the positive aspects of their work, not just the negatives.

'My job is quite difficult - the people I meet are either polite or abusive! Regardless of how they treat me, I always thank them because they are giving me a chance to see Baba in them.'

PATIENCE AND PERSEVERANCE

I'm going to take up patience and perseverance as my L@W actions. It is important to be patient in the way that I respond to people. If I lose my temper, I affect myself physically and go backwards spiritually. I find myself losing my temper with my boss at work and at home with my parents. This week I snapped at my boss at a meeting. It's going against what Swami wants of me, to speak softly and sweetly. That's something I want to work on. Patience is also important in my relationship with Swami. I need to practise steady perseverance so that I don't expect instant results.