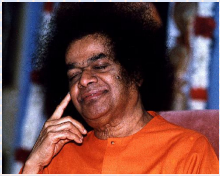




ALL WORK IS MY WORK- BABA

♥ It was amazing how Swami got the service work done through us. Even those that I am not capable of doing, He managed to do it and we got the appreciation instead! ♥



"What exactly is your duty? Let Me summarise it for you. First, tend your parents with love, reverence and gratitude. Second, speak the truth and act virtuously. Third, whenever you have a few moments to spare, repeat the Name of the Lord, with the Form in your mind. Fourth, never indulge in talking ill of others or try to discover faults in others. And, finally, do not cause pain to others, in any form."

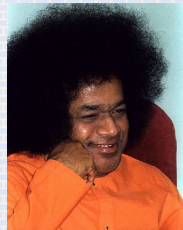
- SSS 27-04



♥ *"When I was doing the service project, there wasn't a moment when I didn't "feel" it so doing and feeling were inseparable, which ended in a crescendo of Love" ♥*

L@W Lessons...

♥ One day, 2 registrars 'fell sick' and another took a 3 hour lunch, leaving me with a room full of screaming patients. Nurses and receptionists were nipping at me. I handled it not so lovingly. I said to the head nurse: "I'm sorry but I've had enough! I've got a headache and I'm going home!" and left the department. Swami once told us in the interview that one of the techniques to conquer anger was to go for one furlong quick walk! So I kept walking and talking to Him, "so, Bhagavan, this is what L@W is all about, ay? Sai! I'm going right back in there and will simply pour love on anyone and everyone I meet!" I returned and everyone brought me tea and asked me to take a break. They said "we were really worried about you!" then they began turning on each other, blaming each other, saying "because of you, he almost left us!" It brought home to me how important our every action is. So many people are affected by us, we just never know. ♥



♥ If we truly understand that nothing happens without His will and accept that as fact, everything would be attributed to Him. Nobody would have a problem with anything because every situation would be perceived as beneficial and given from a higher point of view not seen. ♥

Swami was my real boss...

♥ Christmas break was coming up so there was tendency for me to slack off. When I thought that "I would have time after I got back from holidays", I kept reminding myself who my real boss was - Swami! Instead I worked late and felt good that I accomplished everything. **It made a huge difference when you remember that it is Swami you work for!** ♥

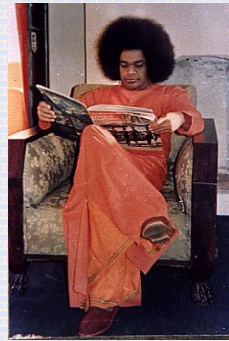
L@W with Swami...

♥ The start of the week involved a lot of meetings which directly affected my to-do list and time was not on my side. Tuesday evening while at home, I had a quick reflect and could not see how I could finish all work tasks and felt a bit frustrated. I thought of Swami and left it at that. Wednesday / Thursday were so amazing with Swami totally taking over and everything fell into place. Instead of having to remind people, phone calls, chasing up matters etc, everyone was coming to me with all the information required and/or helping out with some of my jobs. Some of these people were so hard to get hold of, until Swami took over. Still think back to the week gone and all I can say is, "thank you Swami, love You with all my heart, **surrender to Him and watch it all happen.**" ♥

L@W - More Loving Answers...

♥ Q: This week I was feeling really tired, more mentally than physically. Perhaps when the body senses a break is around the corner it just shuts off. I was not feeling at all positive this week. ♥

♥ A: Well from my experience I find that you need something to really focus on so your mind isn't preoccupied with feeling so down. What I feel is that you need to set yourself a small task or goal that makes you excited, for example learning the Vedas or perhaps learning a bhajan. Maybe you can have a picture of Swami at your desk to remind you more of Him. Utilize what works for you to remind you of Swami and see Swami even in your work. ♥



"It is the mind which makes or mars man. If it is immersed in things of the world, it leads to bondage; if it treats the world as but temporary, then by that vairagya (detachment) it becomes free and light... The mind itself will then become the Guru, for it leads you on and on, once it has tasted the sweets of Shravana, Manana and Nidhidhyaasana (listening, recapitulating and repeated steady meditation)."

- Divine Discourse, 24th March 1958.



♥ *"I do my work as though it is for Swami and I want to do it perfectly" ♥*

L@W Works!

♥ As I started my final practicals, I had surrendered everything to Swami from DAY 1. On my first day I got buddied with the so called "student hater" who was supposedly mean to students. I said to Swami, "O Swami, everyone has been saying that this lady hates students. But please help me to get along with her. I will be as loving as I can." Surprisingly, she was really very friendly to me for the entire shift and really appreciated all my help. Every other day, she would talk to me and ask how my day went. The other students were surprised but such is the work of Swami. ♥ I went back to basics this week by focusing on small things. The first 3 days was busy and then it was quiet. I expected this, so I took it step by step. I was really connected to Swami and I got positive responses from others. I was not under any time pressure so I put in as much as Swami into every little thing. **Every time I pressed 'send' while emailing, I remembered Swami and did it!** The week was good! ♥

A sub-group will continue meeting through the summer - Next meeting **Friday 30th Dec, 8pm, same place!**