

I FOUND YOU, GOD, IN MY WORKPLACE

♥ I work as a receptionist in a medical practice part time. It is easy to find God in the people that visit because they are cute and animated. So I try to find things to connect them to Him. Today a patient came in, the most beautiful woman I have ever seen, with bright red hair. She was absolutely glowing and I thought that is so like Swami. She told me she was upset that she had the 'flu as she hadn't expected it. I was trying to put love on her. Before she left, out the blue she said, 'You are such a beautiful lady.' It was just like something Swami would say.

♥ I've been trying to see God in everyone. I had a shift this week at 7 am as Student Ambassador at my university. That morning it was pouring with rain. I had to stand in front of the university to direct people to their rooms. I was standing in the rain with an umbrella, freezing, getting wet and doing Namasmarana. I was there for 1 hr 45 mins and I kept looking at everyone coming through. I gave them a huge smile. There was one guy who walked past frowning at me and giving me this weird look. But I kept smiling and saying 'Om Sai Ram' in my mind. Some people really responded to it. My boss walked past said 'Wow! Can we have a welcoming committee like this every day?'

YOU ARE THE SOURCE OF MY CONFIDENCE

♥ On my first day at court as a solicitor I was extremely scared. I didn't want the magistrate to ask me anything. I told Swami, 'I can't do this', and kept asking Him to help me. Then my husband called and read me Swami's Thought for the Day: 'You are ambassadors, be the lion that you are'. As I was waiting the other party asked for an adjournment and the magistrate hammered them! She asked me if I was prepared. I said, 'Yes, I am all set to go'. She was happy with my preparation. In that 5-10 minutes Swami taught me never to doubt myself, never to fear when He is there.

♥ Before the exam, I was sitting outside and people were watching me but I didn't care. I closed my eyes and focused on Swami. Then some girl asked if I was meditating. I just said yes without letting my breath out, and continued. I raced through that exam easily. I finished 90% of the exam with 30 mins to spare. Previously before every exam I would look at the paper and get scared, but now I pray to Swami and say the Gayatri Mantra. I tell Him to think through me, act through me and do the exam through me.

♥ At the moment I'm looking for a job. This week I've been applying to many places. I always repeat His name when I send the applications. I have placed the job advertisements in Swami's book between His pictures leaving it in His hands.

♥ My contract expires at the end of July and I don't know what will happen after that. Instead of stressing about it I told Swami, 'You put me here, You have to take care of it.' I put the ball back in His court! On Tuesday my agent called me and said that the Department wants to take me on for another year.

♥ I had a difficult day this week at work. At the end of the day, as I was finishing up, I was just about to burst into tears. Just then a fellow L@Wer called and said, 'Om Sri Sai Ram, I just called to see if you are smiling'. I could not help but smile and said, 'Yes, I am'. Swami always sends the right people at the right time to remind me that He is with me.

ALL WORK IS MY WORK

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As an aspirant, you should always seek the truthful and joyful, and avoid all thoughts that are sad and depressing. When your devotion is well-established, even if depression, doubt or conceit appears, you can easily discard them. It is best that as an aspirant, you are joyful, smiling and enthusiastic under all circumstances.

This pure attitude is more desirable than even devotion and wisdom. If you are worried, depressed or doubting, you can never attain Bliss, no matter what spiritual practice you perform. Hence, the first task of an aspirant is the cultivation of enthusiasm. Never get inflated when you are praised, never get deflated when you are blamed. You must analyze yourself and correct your faults. Be a spiritual Lion ~ Thought for the Day 23.05.10

REDUCING THE GAP BETWEEN GOD AND I

♥ *I am trying to reduce the periods of time when I'm not with Swami. I want to be with Swami always because He touches the way I live, how I perceive things. He gives me love and joy and it comes out especially when I speak with people. My source is Swami so I try to be with the source all the time through Namasmarana.*

♥ *I focus on increasing my intensity, especially when Swami puts me in front of others. I want the light which is shining through me, penetrating this body, to become a healing instrument; so that it not only heals me and my family but everyone who comes into contact with me.*

♥ *One thing I do is every morning is say the Morning Prayer, which for me is a dedication of the entire day to the Source so that when I'm working, the mind is occupied and not thinking rubbish. The worst thing for me is an idle mind. As soon as I finish work I spend the time doing Bhajan or something that's good. When I find there's time for the mind to get idle and start thinking unnecessary things, that's when Namasmarana kicks in.*

I TAKE GOD IN WITH EACH BREATH

♥ *Sometime ago I discovered that I forget Swami because I am either worried about the future or regretting the past. I started to do various things to bring me into the moment of now. One of the practices I have been doing for a long time is observing the breath. Once I start becoming a bit agitated, I stop and observe my breathing and it brings me into the present moment. When I'm in the present moment nothing pains me. I just am.*

♥ *I've been having thoughts of the past and future and it's been distracting. At the beginning of the week I picked up Prema Dhaara, and it said 'My dears, Sai is love, He is compassion and kindness itself... to those who worship me I bring full security.... no condition is miserable for you if you have full faith...' Having received this gold from Swami at the beginning of the week, I read it every day. 'Difficulty is not due to outside causes, it because of worries not surrendered.' It brought me back to the present including observing my breath and doing Namasmarana with greater awareness.*

SPENDING THE DAY WITH GOD

♥ *I've been reading a book of Hislop's talk with Swami. He says, 'Take Swami with you wherever you go. When you wake up in the morning, take some time to be with Swami'. Since reading this I now say the morning and night prayers asking Him to be with me. I say 'Om Sai Ram' every time I remember. These are my actions which help me to be with Swami.*

♥ *I'm very lucky because my baby keeps me sane. I'm home most of the day. As I'm alone I get to spend the whole day with Swami.*

♥ *I joined Christian hip hop dancing classes. Before we begin practice, we say a prayer: 'God is never bad to you, He's always good. He'll never hate you and always give you all you want.' This has been true with my studies. I always tell Swami when things are hard for me and ask Him to give me a hand and He helps. In my foreign language exams I asked Him, 'What is this word? Please help me out.' Miraculously it came to me and I passed the exam.*