



ALL WORK IS MY WORK- BABA

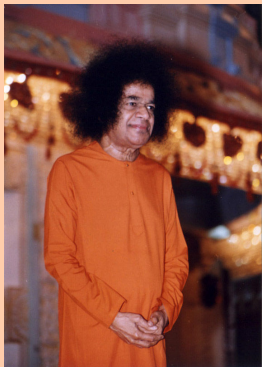
"Let God work through you, and there will be no more duty.

Let God shine forth. Let God show Himself.

Live God, Eat God, Drink God, Breathe God.

Realise the Truth, and the other things will take care of themselves."

- SSS 14-18



"All your sense organs should be sanctified offering all the actions performed through them as dedication to God. ... whatever be the activities with which you are preoccupied in society, you must be steadfast in holding on to the spiritual ideal. This alone is the true sadhana which will bestow lasting peace on you."

- SSS 24-01

A sub-group will continue meeting through the summer – Next meeting **Friday 5th Jan, 8pm**, same place!

♥ "What is our goal in the Love @ Work program?
Our ultimate goal is to see Swami in everything (we do)" ♥

L@W for low motivation...

♥ There were only three of us at work, the rest were on holidays. Since this week had Christmas festivities going on, it was so hard to get motivated. People at work are always moving from desk to desk wanting to talk and chit-chat. It was hard to get through work and the intensity to work was not there. When I did try, it was just me – not Swami. I wasn't satisfied looking back; I've been on this program for a while but it doesn't take much to slip back down to where you started. There is no substitute for intensity. I need to monitor and know where I need to be. It is hard to get intensity up there. I am trying to push myself. **How do I deal with low motivation at work?** ♥

♥ **When I found that in the week before Christmas break, people were switching off - I handled it by reminding myself that Swami was my boss.** ♥

"This Atma is Time and Time is God. Therefore, you should not waste time. Fill your time with good actions. There is no greater sadhana than this. Sanctify the time given to you by good thoughts and good actions. For this, you need to cultivate the company of the good, which will in due course lead you to liberation."
- Swami

Time Utilization With Swami...

♥ At work, it was very mundane and we weren't doing a lot because of the holidays. Most of the clients were not answering the phones, especially government organizations. I still had a few things to do. I spent most of my time just staring at the computer. But I thought "I'd better do something productive" so started chanting... Did that for one hour and my computer screen was still blank! Started asking myself a lot of questions...was I really doing chanting consciously or drifting off? How did that hour pass by? Chanting definitely helped me out! Before I started chanting, the day was really dragging. I am usually a busy guy and don't like time dragging. Two good things happened – one, my time didn't drag and two, I was chanting! ♥



Dedicating everything to Swami...

♥ I just finished my course. When I was doing practicals, I had something to dedicate to Swami. Now there is nothing to dedicate! I dedicated vedam and dance practice to Swami because everything is part of our spiritual upliftment. ♥

L@W or at Home...

♥ Saturday started well with the service project, then Christmas, bhajans, etc, I felt connected to Swami. I was spending time with my parents and started forgetting Swami! I haven't fully taken Swami with me every step of the way. It would have been more pleasurable if I had. I forgot about L@W and loving at home particularly when not doing things directly connected to work. ♥

"If you want to experience God, you have to do it through your duties and actions. This is not so easy. You have been listening to Me for many years. Has there been the slightest change in you? Such is your life. Only when some change takes place in you that alone is the fruit of your sadhana." – SSS 24-01

♥ "Every time I press the 'send' button, I think of Swami. Or every time I do a search Swami!" ♥

L@W – More Loving Forms...

♥ A middle-aged lady patient came in today. She had a glowing face and I could not stop asking her about herself. I just felt connected to her and poured love on her. As she was leaving, she left a huge box of chocolates with the nurses. She said she wanted to wait until the end to see if we deserved them. You never know how and in what form Swami will test you! ♥ I tried something new today. I thought that these hands were Swami's hands and I thought it was Swami doing everything and not me. It is wonderful because we totally surrender to Swami by doing so. ♥ We can't connect to Swami by doing nothing - we have to do something to connect to Swami. We have to put efforts to connect to Swami. So much effort is put in just to make a small piece of gold, then to connect to Swami - the Lord of the Universe, there should be huge, sincere efforts. We can connect to Swami even while doing mundane things like brushing our teeth, shaving, watching TV, etc. But the efforts should be made. ♥



"ALL acts must be done as offerings to Him, dedicated to Him, prompted, planned, executed and blessed by Him. The smarana (remembrance) of the Name will help this Sadhana. The name has to be repeated with the heart yearning for the Named... The Name will make all activity as welcome as worship; it will add witness to worship itself; it will concretise the Named. It will confer the Wisdom that reveals the Truth."

- SSS 07-45.

