

SELF-REFLECT AND...

...SEE GOD SMILE

♥ I have a candle and a photo of Swami smiling on my study table. I usually study before I go to bed and have a book with me in which I would have drawn little self-monitoring hearts during the day. I say three Oms and speak to Swami. I show Him my hearts and He is always smiling, no matter what I tell Him.

...INCREASE SELF AWARENESS

♥ I have been doing nightly self-reflection quite regularly ever since I started writing to Swami. I used to think there was no point writing to Him, as He knows my heart and mind. But I have changed my mind. Reflection is different from prayer. Reflection is thinking about what happened during the day and what and how to improve. Since I have been doing it consistently every night I am realising its benefits during the next day. I find it sometimes more helpful than self-monitoring because you come to realisations when you self-reflect. It gives you a greater awareness of yourself, especially when it is time next to act again. The L@W pillar that I am benefiting from the most is the nightly self-reflection.

'Nightly self-reflection has become one of the highlights of my day. It has become a habit that I can't let go of because it is connected so much to my soul.'

...SLEEP BETTER

♥ My self-reflection has been good. I have been getting answers to a lot of my questions. I feel content. When I have had a rough day and feel like sleeping, I remember I need to self-reflect. I show Swami my self-monitoring hearts drawn during the day and He likes that. When I self-reflect consistently I sleep better, no matter how late I go to bed.

...FEEL GOD'S PRESENCE

♥ Every night before going to bed, whether its 12am or 2am, I sit in front of His picture and talk to Him. It's a casual chat, like talking to a friend. I always start by telling Him that I have had a beautiful day, even if it was a horrible day! Sometimes I complain, saying things like, "You wasted 30 minutes today, this was not right; You said we should not waste time but You wasted my time." I say stuff like this to hollow myself out. That's when the connection happens. I relate to Swami as if He is my mother or teacher. Whatever I ask, I get a reply in my heart. Many times when I am self-reflecting like this, I have my hands folded in Namaskar and I have felt an extra amount of heat in my body and a current gong through my back. I can really feel His presence; it is a most amazing feeling. Since I've started self-reflecting, my connection with Swami has grown.

...IMPROVE YOUR WORK PERFORMANCE

♥ Nightly self-reflection has helped me professionally. For the patients I see during the day I monitor on which ones I meditated on the quote 'Your Service to your patients is My Padanamaskar to You'. During my nightly self-reflections I have noticed that I consistently do not ponder on this quote for certain patients. It made me think why and to reflect on my interaction with them. This has immensely helped me improve their therapy.

ALL WORK IS MY WORK

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Your intellect must rest upon and draw inspiration from the Atma (Divine Self) at all times and under all circumstances. As an aspirant for spiritual progress, you must be attached only to the unchanging Universal Consciousness. All your actions should have the joy of God as your goal. You must place implicit faith in the scriptural dictum: "All living beings are facets and fractions of God."

To confirm this faith and strengthen it, you must look upon all beings as equal. You have to acquire this virtue of equanimity as this is the real treasure acquired through spiritual practices. ~ Thought for the Day 08.08.10



SELF-REFLECT TO...

...PURIFY YOUR SELF

♥ I wanted to purify my speech using the L@W pillars. How to purify my speech? I decided to focus on the lapses of speech nominated by Swami. I named my sadhana 'A.D.I.E.U' – aiming to bid farewell once-and-for-all to speaking in Anger, being Derogatory of others, speaking with a sense of ego ('I'), speaking Excessively or Untruths. Every day in my diary I would reflect on how I did against these five points. I found it helpful to identify the areas where I had problems and areas where I was doing well. For example, if I found that telling lies was not a big problem: Even if I spoke one lie, I would write the circumstance and how I could avoid doing it in future. Conversely, speaking excessively or out of ego were more problematic. I would have had none of these insights had I not self-reflect daily.

...SEE GOD'S HAND IN THE DAY

♥ I've found it difficult to reflect in the evenings, so I reflect in the mornings. I start by writing to Swami about my L@W action and how that's progressing. I then tell Him everything that happened in the day, highlighting the times I saw His hand. My self-reflection is a beautiful way to remind myself of how many times He appeared in my day. He appears so many times, daily. When I finish, I'm on such a high! It is the highlight of my day.

...LET GO OF YOUR PROBLEMS

♥ I find it easier to self-reflect at the end of the day, before going to sleep. It's easier for me to reflect at night because the whole day has passed. I can then tell Swami of any problems or confusion I am facing. As I go to sleep, I think only of Swami.

L@W CHALLENGE: THE DRY HEART

♥ **Question:** *My heart feels empty and dry. I've felt this in the acts I do in the day. There's something missing. I just want to connect to God. That's why I'm here at the L@W meeting. How do I do this?*

♥ **Tip:** *Do something simple, something that doesn't require any thinking, to connect you to Swami, like repeating His Name. Do this mechanically, over and over again. One day, He will visit your heart. And stay.*

♥ **Question:** *I find that nothing in life has any value but God. At work I see about 50 people daily but I just want to see Baba. I look at their faces but I just want to see Swami. How do I do this?*

♥ **Tip:** *If you are in a role in which you see numerous clients, patients, customers daily you have ready-made opportunities to connect to God. If you speak to 50 people in a day, you have 50 chances to say, "Swami, You are here." Posit the form that you adore, project it, onto each person. Do it with conviction. Every now and then you will see Swami in the person before you and You will embrace Him in your heart and feel Divine love towards him. You will see Swami, see the shape of Sathya Sai, hear His voice, smell His fragrance... It's freaky but it happens! It has happened to me. Don't bemoan the fact that you feel empty. Disquiet is the starting point, the spark. Swami says you can change the game, if you will it. Swami is always there. You just need to call Him and He will come. And you will have so much fun!*

SWITCHING OFF THE MIND – SURRENDERING

♥ **Every morning I get up with a prayer which dedicates my whole day to him. At night I end the day with a prayer, where I try to let go of any attachments I have so at least I can sleep peacefully with no thoughts in my mind.**

♥ **When I wake up I surrender my mind to Swami. If I find my mind starts to get confused or think a lot, I just try to tell myself, "I now switch off my mind", as if it has a switch. It didn't used to work but now I find I can surrender by just switching the mind off. The true meaning of surrender is not worrying.**