

'QUIT WORRYING'

♥ I'm quite worried that my schoolwork commitments will make me miss Sai centre devotional singing sessions. At a recent L@W meeting, one of the L@Wers said: 'If you have faith in God, you will not worry. If you say you have faith and confidence but you still worry, then you have no faith.' This struck me this week. I wondered, 'Do I really have faith in Swami?'

As we were going to the Sai centre devotional singing session, the word "quit" entered my mind. I did not know why. Later, while doing my nightly Self Reflection it occurred to me: 'Quit worrying'. It gave me confidence. I sat in front of the mirror and looking at myself, I said, 'Quit worrying, be happy.' I made me smile to myself; it was weird. But those words really struck me. I pick up so many things from Love@Work. This is an example of an important thing that I picked up from the L@W meetings that has carried me through the week.

CHANGING, JUST A LITTLE

♥ The L@W meetings have helped me through many situations that I had to go through. I didn't used to do Namasmara but now I do it. Even when I'm listening to songs, I do Namasmara. After listening to other L@Wers' experiences, I've actually changed. Even if others don't notice it, I know that I have changed a little.

'At L@W I see human beings at their best. And the best of what we can be is to be closer to God.'

ALL WORK IS MY WORK

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No worship can be higher and more beneficial than serving the Lord. One has to offer Love to Him, more Love than one bears to anything else in this world and the next. He must be loved as the One and Only. He has to be remembered adoringly, with such Love. ~ Thought for the Day 4.8.10

UNDERSTANDING MYSELF

♥ The experiences shared at the weekly L@W meetings have helped me a lot. The ideas posed and the topics raised in the meetings resonate at my spiritual frequency. I have craved this for such a long time. It helps me understand myself better.

'Transcribing the L@W weekly meeting helps me be in the moment.'

GOD SPEAKS, GOD GUIDES

♥ I feel each person speaking at the L@W meeting is Swami speaking. There is a certain vibe at this meeting that is different from other study circles and meetings. It feels to me as if He really takes over.

♥ There are so many things I do now that I have learnt from L@Wers:

- Years ago, a L@Wer used to say 'Sai Ram' with each email he sent - I still do this.
- Just last week a L@Wer shared how she reflects using the 'Habit Factor' app on her iPhone - I'm also doing this now.

Other L@Wers have shared how they reflect on their L@W action so they have something to write about to Swami. That's what I've been doing this week. I tell Him how it is going, I don't sugar-coat it, I write 'I don't think I did too well today, Swami, but I know You gave me everything that I'm meant to receive.'

'I see the difference in my actions when I miss the L@W meeting.'

YOU FILL MY HEART WITH LOVE FOR GOD

♥ For me, L@W began with weekly meetings, and my action, which is now connecting me so dearly to Swami came from here. A L@Wer said he would touch base with God and tell Him how he went in the last one hour. That became my L@W action.

I get so much out of these meetings. At the end of each meeting, just before we finish, my heart is crying for Swami because all your love has filled my heart and it pours out to Swami in the end. It helps me connect to Swami instantly.

CONTINUOUS G(OD)CHAT

♥ I was thinking too much about things that took the focus away from Swami. A L@Wer said at a recent meeting to 'Go back to basics: do one thing that connects you to Swami, repeatedly, properly, with discipline.' I wondered what I could do during the day to self-monitor my L@W action when I saw people at work. Another L@Wer sends emails out to Bhagavan so I set up a gmail account for Swami and He's now on continuous g-chat with me. (I'm on the computer a lot at work.)

I'm usually terrible with remembering the names of people who call me on the phone at work. So now I make the effort to remember their name and write in my chat box, "God bless ____." It's helped immensely. It's very good for my memory as well.

When I leave my desk, I say, "Swami, Come and take a walk with me." When other thoughts come I write in my chat, "I trust You, Swami. Om Sai Ram." When the mind is thinking too much, I discuss those thoughts with Him. The chat is proving so helpful.

MY ENERGY BOOST

♥ The L@W meetings are fun! I get an energy boost from them. I can't go too long without my meeting 'fix'. Tonight I had dinner with friends and I rushed over here straight after. Even if I catch 10 minutes I am happy. When I walk in, I feel the energy.

When a L@Wer discusses a problem, I remember a similar problem I am facing and find a solution. It grounds me in my L@W action. It is always good to talk about L@W actions with people who are trying to do the same things, especially when it comes to doing Namasmara and surrendering each action. They are quite difficult actions to keep motivated in and to keep taking it up a notch. That's why it is useful to get ideas on how to keep progressing, from others' experiences.

'The smiles of L@Wers as I walk in through the door ... I look forward to it the whole day.'

INSPIRING CONNECTIONS

♥ During the week I come into contact with people with different priorities than mine; they may not always include connecting to God. Coming to the meetings to discuss my L@W action helps me to focus on my goal in life.

I always take something inspiring from the meetings. For instance, just last week, we were talking about self-reflection. I used to self reflect in the mornings. When I heard of L@Wers' nightly self reflection, I thought this was so beautiful and I didn't want to miss out. So, I've been writing to Swami every night.