

## UNCONDITIONAL LOVE

♥ I have gained a little more internal awareness through my L@W action. I have started to ask myself what is my true motivation and intention when I do something good. When I do my L@W action and reflect on the quote 'Your service to your patients is My Padanamskar to you' or pray for my patients, I ask myself if I am praying for myself or for the patients. Do I pray because I believe in the action, that it will improve the therapy, that it will connect me to Swami? Would I reflect even if it serves no purpose for myself or the patients? I'm becoming a bit more aware and consciously wanting to be unconditionally loving.

♥ Just a couple of days ago I realised that we should see Swami in everybody. But if you take a step back and you look at it from a transcendental state, everyone is clouded with fears, aspirations, desires and their own perceptions; if you want to go close to them there is a blockage. To go beyond that, you have to go within. It seems like an impenetrable shield from a human perspective; but for one who is realised, it is nothing. I want to realise how exactly one can penetrate that shield.

*L@W has helped me enjoy everything so much more. How can you not have fun when Swami is there all the time?*

♥ At the beginning of last year I started **NO WORRIES, JUST LOVE** getting grey hairs because I was so stressed out from university and research. But no grey hairs anymore! L@W has taught me the 'no worries' philosophy. It has helped me relax a lot more and enjoy my work for what it is. The basis of L@W has taught me a huge lesson - that everything you do is His work, His Love. I think that makes life so much easier. It takes away all the boredom when you get to university and want to watch TV or do something else. It makes everything more enjoyable.

## DEAREST GOD, I OFFER YOU PERFECTION

♥ L@W has helped me to try to make everything I do perfect because I know it is for Swami. My punctuality and handwriting has really improved. Even my lecturer and colleagues have noticed big changes in my handwriting. I've been doing things for Swami - that's why things come out so perfectly. It has crushed my ego a lot, especially my failing when I first started L@W - when you try and try and can't quite get there... That crushed my ego a lot and that's a good thing. It is all Him now. That's an important quality. It has changed my whole way of being in life.

## ALL WORK IS MY WORK

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*Know that the basic reality is God. Become aware of it and stay in that awareness always. Whatever be the stress and the storm, do not waver from that faith. ~ Thought for the Day 24.08.10*

When we are pursuing God, it's like flying on a plane. You think it is



moving slowly, but the speed is known only to the pilot. Only God knows our progress.'

## SWAMI, I LOVE YOU

♥ L@W has helped me develop the feeling of loving Swami even more. I love Swami in every action. I surrender every major task to Swami. And it actually works. If you keep Swami constantly in your mind, you will not fail. I experienced this today. I had a physics assessment and Swami helped me so much. I surrendered every action and thought, considering myself a Divine instrument. The questions were complex and last time, my teacher helped me. This time, I said, "Swami, now there is no teacher around. You have to help me." As I approached each question, I'd be excited about Swami helping me. I worked out the answers and they were right! I'm sitting on 95% with one more assessment to do.

## BE STILL, AND TRUST

♥ The small gain I've made using L@W is developing the qualities of being more calm and learning to trust my inner voice, knowing that the inner voice is Swami guiding me. My L@W action is Namasmara and I find that to be the one sadhana I can keep doing regardless of where I am. My other action is to have dialogues with Swami and asking Him questions. If I have something that is troubling me I am not thinking about the answer but asking Swami to guide me, help me. It is through this dialogue that I have learnt to realise that all He wants is for us to be still to hear the answer. I just have to trust that voice.

## PURITY, PATIENCE AND PERSEVERANCE

♥ When I was a Balvikas student, we would sit in a group and not listen much. What I was taught would go in one ear and out the other! I didn't really focus that much in Balavikas. Since coming to L@W, I've focused a lot more. Through L@W I have learnt how to be patient (from the qualities of people at the meetings).

♥ I remind myself that I'm the purest because that's what Swami says to His students. He said, 'You're the purest don't condemn yourself, you're not the evil qualities; they can't touch you.' I try to see the love in others. Even if it is hard to see it when what they're doing is not pure. I say 'Sai Ram' and try to see that Swami is also residing in their heart. When I do this there is a sudden change in perspective towards that person. I don't notice it too many times but when I do I feel excited inside. How blessed I am to know that Swami is residing in the heart of all these beings.

*I am focusing on being in the moment - being aware of my emotions and that Swami is the doer. Everything good or bad is perfect, as He wills.'*

♥ Through Namasmara I can see so many things that have come forth and are shining in me. The yearning for Him has grown. There was so much impurity in me three or four years ago but now I can see Him making me pure. I have a long way to go, for sure. But the amount of progress has been really massive in the past few years.

One significant quality is self-confidence. I didn't know the meaning of self-confidence 3 years ago. The Self confidence I have in Swami, the Self, is much greater than what it was 3 years ago when I started L@W.

## I AM NOT THE BODY

♥ I go to work at 7.30am and come home at 9pm. I do Namasmara for the whole day, which is good. Today I slipped and hurt my knee and I started doing Namasmara. I could feel the pain go away as I reminded myself that I am not the body. The connection to Swami is much stronger with L@W.