

IN THE SOUND OF SILENCE IS THE VOICE OF GOD

♥ The good habit I have taken up is control of the tongue - speaking less, not speaking unnecessarily. I started monitoring myself from Monday. In my nightly reflection, I wrote to Swami about how much I had talked. The first day I apologised to Swami and told Him that there had been way too much talking. On Tuesday I thought I would focus on speaking less but still spoke so much. I observed that night that I was tired when I got home. I said 'sorry' to Swami and told Him in my self-reflection I would not do it again. On Wednesday when I realised that I was talking too much, I focused on my work instead of focusing on how much I was talking. I focused on my assignment and finished it today. My reflection today was good as I spoke less and got more work done. I need to keep at it.

'When you are writing a letter to Swami, He gets it the moment you think it, even before you write it. It is as if you are writing to yourself.'

♥ My lecturer, a retired army general, went off at me in a lecture break for having really bad handwriting. I was very embarrassed so I have been sitting at the back of the lecture theatre for his lectures. My L@W action became to improve my handwriting. Every time I sit down to write notes, I pretend it is a letter to Swami. This week when I went to the lecture instead of writing 'immunology', I wrote 'Dear Swami' before beginning my lecture notes. And I sat in front this time. In the lunch break the lecturer saw my immunology drawings and he was so impressed. In the lab class later, he made me draw this on the board for the whole class. Then he actually smiled, for once. He's never smiled! And it is a good smile.

♥ I feel I should improve on being neat. A lot of the time in lectures I get really bored and draw massive drawings and make my book really messy. I feel I should neaten that up and take pride in what I'm doing. So I'm going to try and improve this over the coming week.

♥ I have restarted Self reflection by writing to Swami. This week in my reflection I told Him, "I don't need to trust because I know You are already helping, but for some reason I feel like I still need Your help so I'm asking for Your help again." Things weren't going that great but even in that, I try to see the perfection. Everything happens because at some level, I want it to happen.

KEEPING THE LITTLE SELF ASIDE

'I realised that I should not let my personal feelings affect the moments I can share with Swami; just keep my little self aside for a little while. That it is okay to worry but don't give it too much attention. Just get the bigger picture right.'

♥ I've been working on my dialogue with Swami through my daily L@W action. This is to ask Swami for guidance, to ask Him what I should do next. My other action is Namasmarana. I'd like to increase my trust in the answer that He has given me, rather than questioning how it is going to work. Hopefully, little by little, I can let go of the fear and worry of how things are going to work out and just be able to trust in Swami.

♥ I want to work on my dharma to go to school on time. The other thing I want to work on is my anger. Sometimes I feel frustrated at things.

ALL WORK IS MY WORK

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Consider what happens when a person sees a dry stump of a tree at night: he is afraid that it is a ghost or a bizarre human being. It is neither, though it is perceived as either. The reason for this misperception is darkness. The absence of light superimposes on something another object that is not there. In the same manner, the darkness that is spread through false perception veils and renders unnoticeable the Primal Cause, Divine Self, and imposes the cosmos on it as a perceptible reality. This deceptive vision is corrected by the awakened consciousness and transmuted into the vision of Universal Love. ~ Sai Inspires, 29.08.10

SLOW DOWN, INTENSIFY LOVE

♥ Without even realising it, I've begun to take my L@W action, to reflect on the quote "Your service to My patients is My padanamaskar to you", for granted. My reflection has no intensity. So today, as I was reflecting on the quote and picturing taking padanamaskar from the patients, I tried to slow the whole thing down. When I slowed down the imagery; the prayer, the rate that I was repeating the quote, the feelings became more intense. That sense of being His instrument, of being effective in the moment, was a touch more profound than usual.

'I'm very much aware of trying not to react negatively, and of trying to be calmer and more loving in my reactions. I've only been at work for three days and so many opportunities have come up to try to be calm.'

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OPENING THE HEART WITH NAMASMARANA

♥ When my work contract finished I found that I was not able to do my L@W action of writing Namasmarana hourly in my diary any more. I found that I had lost the structure in my day and I was missing my hourly connection to God. So now, I have set an hourly alarm on my mobile phone that beeps every hour as a reminder. When I hear it, I stop for a moment and do Namasmarana, thinking of Swami. Then I continue whatever I am doing. It has been amazing because in doing this, I feel like I am transported to another world where my surroundings suddenly look so much more beautiful, more perfect. This one simple hourly act has changed my perception of my day and made it more enjoyable.

'Fear is the opposite of Love. The more I opened my heart, the more the fear went away. People don't realise it but fear stops you from achieving anything.'

♥ My action has been to open my heart and pour love. The reminder to do this has been Namasmarana. I guess what I can do better is keeping a diary so that I remember to do this at work. Today while I was driving I was doing Namasmarana constantly and every hour I would touch base about how I was going. It was very good.

♥ I say 'Sairam' when I wake up, before I start my day. Even without being aware, I do it. I am doing Namasmarana at night before I go to bed but this went off track this week for some reason. I need to start practising this again.

L@W CHALLENGE: PUNCTUALITY

Question: I need to work on my punctuality. It is a bit of an issue for me. I am late to everything. How do I improve this?

Tip # 1: Just leave slightly earlier until you figure out how much time you need.

Tip # 2: Be convinced of the consequences of being late and embed that in your head. Take one simple activity and commit yourself to doing it on time, come what may. For example, go to bed at a set time every night regardless of when you finish the day's activities.

Tip # 3: Sometimes I find what makes me late is thinking that I just have to do this and do that. I find what helps is to just leave out what's not crucial. Just drop everything else, they can wait. Then, I can get to where I need to on time.

Tip # 5: What motivates me to be in time with work is that if I start on time, I can plan for the day without feeling stressed.