



# ALL WORK IS MY WORK- BABA

"You see these trees; they are able to stand firm and grow, because of the roots that have spread out of your sight. You see this garland in My hand. The hundreds of flowers are held together by a thread, which you do not see. You see this building over there; the walls have risen so high, because the foundations inside the earth are also high, though you cannot see them. So also, this world is so plentiful, so charming, so rich, so comfortable, so regular in its movements and moods, because it has an unseen master and law-giver, God. The unseen is the sustainer of the Seen."

- Swami  
(SSS 12-31)



♥  
**A sub-group will continue meeting through the summer - Next meeting Friday 12<sup>th</sup> Jan, 8pm, same place!**  
♥

**"One of my colleagues was asking about Swami. I told him how I felt about Swami and what He had done for me. I explained L@W saying that it shows me how to put love into every interaction and every thing at work. He was very impressed and said that he was going to apply this into everything that he does".**

## L@W Baby Steps...

♥ I used to work in a pharmacy before but now I am in a different pharmacy. At the old pharmacy I got into the habit of thinking of Swami constantly. It was easy for me to do that because I had people yelling at me etc. This pharmacy is a small one and the customers are nice, so it is hard for me to think of Swami. Yesterday I was making up some cream and it was really good because it was mechanical and I could think of Swami. When it was really quiet at the pharmacy, I had to clean a few shelves – as I was cleaning I focused on thinking that these were Swami's hands.♥

♥ I am on holidays at the moment. When I return to work I have to start seeing Swami in everything that I do. I work with some important clients so it's going to be a challenge for me.♥

♥ **You don't have to see Swami in all clients... Just have to see Him in one person and then you will get a high and you will want to spread it because it is addictive."**s



## L@W Realizations...

♥ A person who works under me puts more love into work than I do. He is more committed. He will actually start work before me and stay late. He works to perfection and I am learning so much from him. I really love the company that I work with and what it stands for. ♥

♥ I was not really happy with the quality of my work this week. The best way I can improve is to put more effort into my work. I have been trying to do it this week and it's been honed in by my supervisor. He said, "what you have been doing is great but I want you to do this extra thing as well". It's as if Swami is telling me to really look at what I am doing and improve. ♥

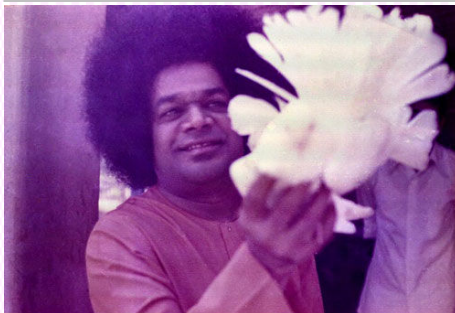
♥ I dreamt of Swami being in my workplace. This made me be more professional about my work. After the dream, He woke me up at 5.30am, bright as a button to start work!



**"The aspirant must bear with patience all circumstances; that is the most beneficial path."** – Swami



**"When you give everything over to Swami, even when you think you know nothing, it increases your faith."**



## Swami's Love Radiant From All Direction...

♥ Swami showed me little things that can be done to ease patients. One surgeon put his hands on the patient's shoulder saying 'don't worry you are in good hands now, we will look after you'. It was something that I haven't heard surgeons' saying that so sincerely before. Really for me that was Love at work. The surgeon did it all very personally. It was a great reassurance to the patient. At the end the patient was thanking the surgeon even though she was still scared. It showed me something. I would like to be really genuine and loving.♥

♥ I had to buy bus ticket for the day. I got into the bus I showed wrong ticket, many drivers are rude to you when you show wrong ticket cause of stress, but this lady politely called me back, all smiles, really glowing with love and said 'I think it is the wrong ticket' and I apologised and showed her the right ticket. She was that loving to everyone who walked into the bus she gives God's love to everyone who entered that bus and never go tired doing it. I have been trying to focus on Swami in that way. ♥



## L@W Answers...

♥ **Q:** I find I get stressed when someone else is seeing where I am at and taking over.

**A:** If people see you and know you are trying your best for them then they will be happy. Its Swami who is looking at you.

♥ **Q:** I have to make one guy redundant at work and I need Swami to do that because I don't know how to approach and say to him.

**A:** If I have any stress at work, I just say Sai Ram and do the best I can. Even cutting somebody loose, do it with love. Initiate with Swami, whatever is happening is happening for the best.



**You should be happy with what you do rather than doing what you like.**



## What does L@W mean for me?

♥ L@W means keeping your workplace tidy.

♥ I have so many tasks to do in day. I break them up - start small and build up. Even if it means doing a simple thing like thinking of Swami before I press "send".

♥ I draw from different aspects of my work such as talking to patients; dispensing pills etc. I look at what I do and the areas I need to work on.

♥ Outside of work, I try to see people as Swami and see how loving they are. If I go to stores or anyplace, I think how the employees would be practicing L@W, if they were Swami.

♥ I wanted to put love even into the mundane things. I started cleaning up my room and made it really neat. Everything that I was doing, I was putting love into it and it felt really good. My efforts were initially good and then faded away when my cousins came and I didn't remember Swami as much. I taught bhajans to my cousins and connected to Swami that way. I was really happy to be able to teach bhajans to the kids.

♥ I practiced seeing my hands as Swami's Hands. When I did this, my actions became more purposeful. The beautiful aspect of this is that whether you are pressing the remote control or sweeping the floor - no matter what work you do - you are using your hands. Actually, Swami is using His Hands.

♥ I am trying to go back to the basics i.e. while talking to or e-mailing anyone, I try and bring Swami into it. I am really starting to feel Swami around me. The intensity is increasing. Now I am praying to Swami especially if work is quite difficult. Swami is really helping.

♥ I have been trying to listen to Gayathri Mantra. It creates a new atmosphere. The Gayathri Mantra been connecting to me when I am working.

♥ It's all about how much we can show our love for Swami in everything that we do and see.



**"One has to visualise God in every living being and worship Him through love."** – Swami

