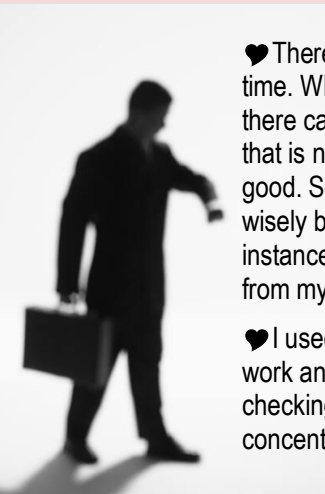


Time Waste is Life Waste

♥ I would like to improve my time management. Last year although I made it to every L@W meeting, I felt I was always rushing. I would sleep in an extra 10 minutes and then would have to run to the train at top speed to make up for it. This year I'd like to exercise self-control so that I can get everything done on time and be where I need to be.



♥ There is always a choice in how we use time. What I've learnt is that within a day there can be a lot of time utilised in a way that is not beneficial to me, to my highest good. So I am trying to use my time more wisely by intensifying my Namasmarana. For instance, I've been doing it as I am walking from my house to the bus stop.

♥ I used to feel that I was unproductive at work and now I have changed that. I am not checking any personal emails at work – I just concentrate on work.

'Whatever I'm doing, whether it is ironing or washing, I need to do it as a form of worship and give it to Swami as an offering.'

Duty is Love

♥ Because of my shift work my routine got thrown out the window. This year I'm going to structure my day so my mind is focused on eating the right foods, looking after my health by exercising, doing morning prayers and self reflecting at the end of the day. I am going to focus on improving myself so that I am happy without being reliant on external circumstances. If I can do all these things for Swami then I know I'm doing the right thing. Duty covers so many things and in itself is a form of Love.

'From doing my L@W actions last year I have realised that forming and breaking a habit is not so easy. It requires more effort than maybe I was even ready for; it takes a lot of vigilance. So this year I have decided to put in more effort into my L@W actions without expecting results.'

ALL WORK IS MY WORK

Love@Work Bulletin ~ Issue 149 ~ 21 January 2011



In the pure, serene path of meditation, you will consider repetition of the Holy Name and meditation as a duty and suffer any amount of trouble for its sake; you will be fully convinced that this world is just an

illusion, so you will only do good under all conditions and at all times. You will desire only the good of all and will always love all; you will spend time uninterruptedly in the remembrance and meditation of the Lord. You will not crave even the fruit of repeating the Name and doing meditation; you will leave it all to the Lord.

Thought for the Day 24.01.2011

Enjoy the Game

♥ I spent last year asking myself what living in the moment would require. I asked myself this every-time I was sad or upset. I found I got upset because I had attachments. If I were really living in the moment, I would have no expectations and be able to accept God's will. I found that Namasmarana was the best way for me to do this. Initially it was tough as it was difficult for me to multi-task but when

I did it sincerely it helped me do my tasks better. So this year my goal is to let go, have no expectations and just enjoy the game.

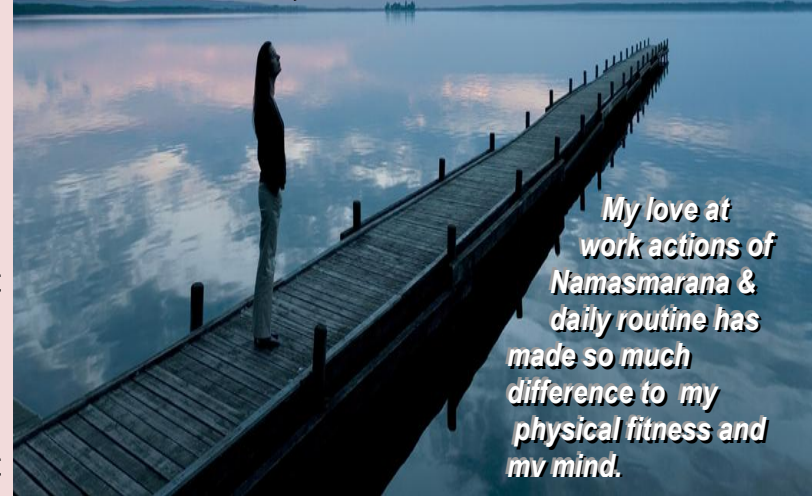


'I started practising L@W properly at the end of last year. I feel so much better now than before I started practising it as intensely as I could. I love the difference it has made.'

Starting the Day with God

♥ Since I started doing morning Sadhana (spiritual practices) the awareness of Swami within me has grown. When I spend that 1.5 hours focusing on God completely, with all my body mind and soul, then He takes care of the whole day, I don't have to worry about doing this and that. Whatever I need to do is all done through this awareness of Sai and in Sai. My character is improving.

♥ Every day I get up at the same time and from 5:30 am I do everything that is beneficial for my mind, body and spirit. I do my morning prayer and go for a swim daily. As I am walking I do Namasmarana. From the moment I wake up until I have breakfast, I focus on God.



My love at work actions of Namasmarana & daily routine has made so much difference to my physical fitness and mv mind.

Experiencing Unity in Diversity

♥ The one thing that I really got to appreciate through practicing L@W is seeing unity in diversity. I have been trying to see the subtle omnipresence and am genuinely enjoying it. I've tried to extend it to not just people but external situations as well. Diversity is what makes God, God. I'm trying to enjoy and experience Him in all scenarios.