



ALL WORK IS MY WORK – BABA

♥ I say to Swami, “Do whatever You have to do by using me as an instrument, so that I can only enjoy the grace in Your Love” ♥

Swami's Darshan

♥ I was on a train in Sydney when I happened to have a view into the small rectangular window of the guard's compartment. The guard was sitting there - an Aussie bloke. He had plastered on the wall in front of him a picture of Sri Krishna and Swami. There were pictures of Swami all round the cabin! In his hand, he held a Swami book. I was poised on the stairs totally mesmerized by the lovely pictures of Baba. As the train was coming to a halt, it was this guard's job to blow the 'doors clear' whistle. But before he did, he closed his book and kissed the picture of Swami on it and touched it to his heart! I felt a lump in my throat. This Aussie train guard was sincerely practicing and dedicating all his actions to Swami, really focusing on Swami at work. When I got off the train, he smiled at me the most loving smile and winked jovially. I felt I had received darshan from Swami. ♥ I suddenly realized when I was opening a file at work that I hadn't thought of Swami for a while. In that file (which was a survey on children's ambitions) was a question “Who inspires your decision making?” and the child had replied “God”. For “What do you want to do as a career?” he had written, “I want to sing and praise the Lord, I want to take people to the path of God”. This child reminded me of Swami when I had forgotten Him. ♥ I made a cup of tea for a colleague. I was unsure of how to make it and I added too much water and not enough milk. But she said “I am grateful for whatever you give me.” I felt it was Swami speaking. This whole week I was whinging to Swami and this incident reminded me Swami saying “Whatever I give you, accept that as Prasad”. ♥

Be Happy

♥ The girl replacing me at work is a very chirpy person. She is very sweet and tries to be happy all the time. On my desk I used to have Swami's picture and other Sai things. She has replaced them with notes like “Be happy”, “Jesus is Saviour” etc. I used to think that having reminders of Swami would keep me connected. But this girl has gone a step further and made the room so colourful so that patients feel good being there. She has taught a thing or two about L@W! ♥

Thank you, Swami!

♥ I was very scared about a new manager coming on board and I was praying to Swami to please send someone good. The new manager sent an email introducing himself and spoke about yoga, meditation and how he wants to come to work every day and make a difference. It just completely blew me away when he wrote about values in the workplace, putting spirit in work, team building etc. All of these things which none of the team had heard of. Moreover, the next day he sent another e-mail asking if anyone knew about value based organizational techniques! Thank You, Swami! ♥ I have a colleague whom I had difficulty working with. Last week I learnt that she had other pressures with other managers and hence was under stress. We had a talk about it, got a good understanding and worked out issues. This week she became more responsible about work! Thank You, Swami! ♥ When an old person wearing a hat was driving in front of me on an impassable stretch of road, I was agitated. Feeling less Love I gazed out of the window, but there was a blue butterfly dancing amongst some flowers which reminded me of Swami. Immediately I pulled back and in my heart I said “Thank you, Swami” ♥

L@W = Focus@W

♥ I am trying to focus on my work. I tried deep breathing exercise which has helped quite a bit to relieve stress and frustration. One morning I had a huge pile of work and instead of getting my cup of water and greeting people I focused more on five big breaths and saying ‘So hum’. ♥ I want to put a lot of attention and focus in dispensing prescriptions because that's where a lot of mistakes happen. I want to do things from scratch so that I am precise. ♥ If you have done the work thinking of Swami then it feels all the more sweeter when you get to the end. ♥

Work with Swami...

♥ When I had a lot of work, I said to Swami, “You and I are going to do this”. I used that duality with Swami to work. If you hold on to His hand to cut down any to-do list, He will do it with such style that you will call for no-one else! ♥ I want to visualize Swami in every interaction... ♥



♥ “What should be the qualities of the actions we offer at the Lotus Feet of the Lord? Before we offer anything to the Lord we must make sure that it is pure, befitting and sacred. Then it will be a worthy offering to the Lord. For example, if we want to offer a rose to the Lord, we first select a beautiful, fragrant bloom. Then we remove the insects from the flower. Next we remove the thorns or any imperfect leaves from the stem and in a number of other ways we make our offering as beautiful and pure as possible. Every action we perform should be like this. Our actions must be saturated with the fragrance of love and sacredness and must be good and pure. This is the true 'Yoga of Action' as laid down in the Gita.”
- DD on Gita, 1987

Next meeting:
Friday 26th Jan, 8pm
18 Royal Parade,
Alderley.
Come, let us connect
to Swami...