



ALL WORK IS MY WORK- BABA

"What is true worship? It is not merely offering flowers to God and performing some rituals. You should implicitly obey the divine command and strictly adhere to morality in your daily life. That can be termed as true worship of God. Today people think that they are praying to God and singing His glory. But God does not need all this. You pray to God only for your sake and not for His sake. You undertake various spiritual practices such as japa, thapa, yoga, etc., only for your satisfaction. In fact, you need not do all this to worship God. It is enough if you discharge your duty properly. Then, God will certainly bestow His love and grace on you. If you do not do your duty sincerely, how can you expect to be the recipient of God's love? God thinks of your welfare every moment".

Kerala
Youth
Conference,
April 2004



♥ Happiness to me is when Swami is with me... Even if I am watching a movie, I'm not really happy unless I am giving Him love. ♥

Sending Love...

♥ In the first week of joining work, I was getting very frustrated. Later, I tried using the mud map to identify one aspect of my work where I can practice love. So, last week I tried to put love into the one patient and that started going to everyone else. Suddenly, everything worked out so much easier and I was finishing work easily and early. The team started coming together and everyone pitched in to help me out. In the end the patient got the best care and I kept on pumping love onto the patient. ♥

♥ In the hot weather, I went driving to work in a car that has no air-conditioning, it was wonderful when I rocked up to the air-conditioned office. I said "thank you Swami for giving me the opportunity". I was expecting my day to be full of frustration. So I planned to put love into answering calls and be friendly by putting love into my voice. With Swami's grace, the day wasn't hectic at all. ♥

♥ This week I faced a challenge of conveying to a person something that they did not want to hear. Initially I tried to avoid the person but later when I spoke the truth in a loving manner, the person was very understanding. ♥

How do you connect to Swami?

- ♥ I connect through chats with Swami
- ♥ I have been trying to get into the habit of saying "Sai Ram" while I am doing something.
- ♥ I connect to Swami through meditation and experiences.
- ♥ I connect to Swami by connecting through energy
- ♥ I connect to Swami through Namasmarana and imagining Him next to me all the time.
- ♥ I connect to Swami by trying to see Him in everyone & everything.

"God is neither distant, nor distinct from you."



Swami, The Teacher...

♥ This week Swami has been showering His love and grace on me every minute. Swami answers every prayer. When I quit work last year I said Swami I have trust in You that you will find me another job in a few weeks. I was so over confident and Swami taught me a real good lesson. I could have stayed in the old company and fought through the whole thing and come up - I was just praying to Swami to help me but I was not putting enough efforts to reduce the stress in the job. I am going to face similar challenges in my next job but now I am totally prepared for it. I am really looking forward to putting love into it. I am so glad that Swami has been with me. It's all His plan and I am just an instrument. No more fears, frustration & no more quitting...its just going to be Love Love Love. ♥

L@W or at Home...

♥ Since last week I tried to improve on two things: quality of my work and breathing exercises. Both the efforts have worked. Quality of my work has improved a lot but I feel I can put more effort in my breathing exercises. I have a 'me' time everyday to relax. ♥ Last week, my challenge was to put more love into this person I am dealing with. I now have no issues with her. Now, my challenge is to put intensity into the work that I am doing. It gets really stressful at work at times and I am finding it difficult to remind myself to put love in it. Swami knows all our thoughts. I should talk to Swami about my L@W... He will definitely listen to me. ♥

I just say 'Sai Ram, Sai Ram'...

♥ I went for this medical camp in India. I didn't know who was going to pick me up and I was a little bit nervous on the flight to Bombay. Swami took care of everything and really looked after me. I went past this Shiva temple...I thought Swami I will just plug into you and so I entered the temple, touched the floor to let Swami know I was there. I saw a sign which said 'Please leave shoes outside' and on the side it also said "Let go, Let God". Then I rang the guy whom I was trying to contact numerous times. I got through to him finally and he had arranged my connecting flights and everything. I was saying "Sai Ram Sai Ram" all the time. ♥

♥ I know I have this tendency of putting myself down when I make a mistake and I take it really personally. But now I try not to put myself down. I try to stay up thinking of Swami. Thinking of Swami got my spirits up and eventually the problem looked not as awful. So I am trying to say "Sai Ram" a lot. ♥



"There are two duties to be performed by men: one is to work for the good of the world and other is work for the liberation of consciousness. The former is sometimes referred to as the 'left hand path' and it will drop away once you have become spiritually ripe".

- TOSSSB P 65



"Have faith in yourself. When you have no faith in the wave, how can you get faith in the ocean?"

- Swami

A sub-group will continue meeting through the summer - Next meeting **Friday 2nd Feb, 8pm, same place!**