

♥ I have agreed to take on a centre chairperson role for the next 2 years. Last week at Bhajans, my mind wasn't focused at all. I have no idea how to run a centre! So I was sitting there questioning Swami, 'How am I going to do this? What am I going to do here?' At one point I thought 'I'm going to leave it to Him and just focus on Him'. At that point, I heard a very clear, strong, message within: 'Are you the doer? I will take care of it.' At that point, I knew it was the voice of God. The moment I heard that voice, all fear fell apart. I felt light, like a balloon. Oh! If I could only stay in that feeling forever!

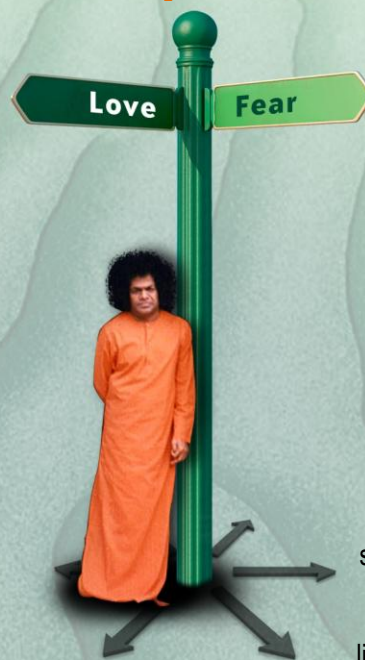
♥ The starting time for the movie was looming and the truck I had arranged to take the orphans to it hadn't arrived I worried that the kids wouldn't get to the cinema on time. They'd been looking forward to it all week and I didn't want them to miss even a minute of the movie. Then this thought came to me: 'Let go. You are not the doer.' And when I let go and left it to God I felt so relieved. I found by letting go and leaving it to Him, everything falls into place.

*'I had a very busy week at work and things were getting on top of me. I started to talk to Swami within. He said several things like 'use your fear as a stepping stone to be stronger' and that I don't need anyone - I need only Him. Sometimes I depend on others too much and this made me realise that I need to be stronger.'*

♥ I went to see Ammachi (the hugging saint) in London. My friend and I got to the venue at 4pm but they didn't start giving out tickets till 6pm. All the while I was thinking, 'What happens if I miss my train home?' I was keen to return home that night. Then a realisation hit me: 'Why am I worrying about this? God had brought me there so why can't I rely on Him to take me back home? I then started doing Namasmarana while waiting for a hug. Amma gave a beautiful talk about seeing God in everything, that His Name was a powerful thing and that happiness is a choice. 'Whatever happens we should just be happy and rely on God, have full faith in Him and nothing will go wrong.' I received a hug and it was a very powerful experience. I did miss my train but caught another one which took me to a town 20 miles away from home. I had no idea how I was going to get home from there as it would be quite an expensive taxi ride. Suddenly, some guys approached us asking if we'd like to split a cab ride home. They lived in the same town as my friend and I, it turned out. Despite missing the train I made it back home that very night, at very little extra cost. It made me realise that I need to have trust in God and surrender.

*See divinity in all and do sacred activities. If you are unable to help, at least do no harm. Being bound to the world with attachment to worldly objects is the wrong path. Instead take the positive approach of turning towards Divinity. The difference lies only in turning your mind. Turn to the world, you get bound; turn to God you get liberated.*

*~ Sai Inspires 14.10.11*



♥ Due to the faults of the engineers, it was not possible to complete the testing and installation of the new MRI scan. We planned to try again in a month but on Thursday, just as I was about to go home, the engineers called to say the machine was ready to be tested. I wanted to avoid doing this major task on a Friday, a day that is usually very busy anyway, but patients had been waiting 2 weeks to be scanned. So thinking greater good I agreed to test it on Friday. When I got out to the site, I found out we were a man short on the testing team. 'Great! This will take us all night', I thought. But everything went super smoothly, like clockwork. It was amazing! We rechecked everything. The machine was ready for patients the very next morning. The radiographers told us they had a hundred patients waiting. It felt good to have done the work. Sometimes when you do the right thing, it works out for the greater good of everyone.

*'My friend recently lost his job. Instead of worrying about it he accepts what has happened. He has been looking for another job and says 'I have been doing good things and know that the universe will take care of me.' He is always happy and smiling. You'd never know he'd lost his job. He is a living example of leaving things in God's hands. I have learnt from him that whatever the matter may be, you have a choice of whether or not to be happy.'*

**I Am GOD**

♥ I had chosen the song, "I am God" and began singing it with the feeling that the song would stay with me. That evening was the start of an emotionally challenging situation. There was a moment where I was in a very difficult situation and there were a lot of hurtful things said. One part of the conversation ended. My heart felt broken, the mind was racing and I started singing this song very slowly. I would repeat each line until I could really feel its meaning and then I would go onto the next line and sing it in the same way. In the end, it felt like I'd been singing for a few minutes but 45 minutes had gone by. Then the painful conversation continued. But for me, everything was clear. I felt like there was no need to defend or justify myself or to get my point or agenda across. There was just an acceptance of everything. There was a physical sensation of my heart breaking. But somehow, I felt untouched. Even this was perfect and so beautiful. Every challenge is really an opportunity to be the grandest version of my Self. He gave me the opportunity to experience immense compassion, forgiveness, understanding towards the other and towards myself; to experience everything I had always prayed I would be and can be. In that moment I felt Swami's presence within. He allowed me to experience that. He gave me a lot of strength, self-confidence and kindness that I never thought I was capable of. And He enabled me to experience that kindness and forgiveness return to me.