

## How to Merge?

'... by doing my Love@Work action of Namasmarana every hour at my workplace, writing, 'I love you Sai Maa'. This reminds me of my nature – DIVINE LOVE. It helps me realise that I am Love. Love is the bridge to the awareness that that I am one with Swami. That is, one with everything and everyone.'

♥ My Love@Work actions are Namasmarana and light meditation every morning. The light meditation has been amazing. It is based on affirming, 'The light is within me', then, 'I am in the light', and then finally, 'Being thrilled in the thought that you and the Divine are one.' All of this is about merging in the Divine, removing the veil of ignorance which sees a difference between you and the Divine. We are to understand that we are no different from the Divine. We are Divine and in the end there is only One. Once we have reached that mental state of oneness, we realise that's the way things always have been and there's no idea of merge at all. There's no concept that we were separate.

♥ This week I had important meetings with executives in our company. Just before the meeting I felt a bit nervous. I had been doing my Love@Work action of Namasmarana every hour so that was helping me focus on Swami. Then when I felt this nervousness I thought, 'What is this Swami? You alone exist.' Before I started the meeting I did Namasmarana again to remember that oneness and to remember that the other person that I was talking to was none other than I, myself. And all the nervousness just dissipated. I was able to go into the meeting and talk clearly and present without any fear. That's what Love@Work helps you do, it helps to keep the Truth in mind always. With that truth you experience the bliss that Swami talks about, that oneness.

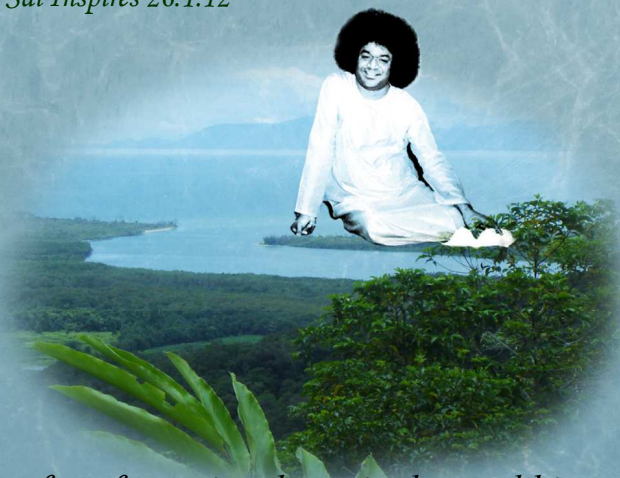
♥ I have been so engrossed in writing my thesis, but I have been doing my Namasmarana and I have been listening to my mindfulness bell which goes every hour as a reminder. I would be so engrossed in study but when I hear the bell, I go completely within myself and think about Swami. It's quite amazing!

# All Work Is My Work

Love@Work Bulletin ~ Issue 199 ~ 29 January 2012

*The river must reach the sea, not the desert sands; the waters have to merge with water. .. Keep the Goal of merging with the One Lord, ever in your focus and have your wavering mind continuously in leash.*

*Sai Inspires 26.1.12*



*'One of my favourite places in the world is a fresh water spring fed by a sub-terranean river originating in mountains 10km away. From here the spring water flows into a stream which feeds a lake, drained by a channel which flows into another nearby lake whose overflow goes into a river that empties into the Pacific Ocean, a journey of about 100km. Whatever quality the spring water had, whatever its temperature or mineral content or pH or density, would be subsumed by the qualities of the Pacific Ocean. It itself ceases to exist. It has no identity of its own. It makes me wonder, if I can lose all my qualities, everything that people identify as me; then only the attributes of Sai would exist. What makes me what I am? My thoughts. So how can I keep thinking of Him so that none of my own thoughts exist, only those prompted by Him? Until not even a thought exists. Only He does. That for me, is MERGENCE.'*

## Merging, for Me is...

*'...Just realizing that He alone exists. Love@Work gives me the means to remember and recall this at all times. I use it as a tool to embrace Him. My Love@Work action of Namasmarana helps me to feel His presence everywhere. So when I look at the sky, the trees, the sea, I am embracing Him. In everything I am doing and in every interaction I AM EMBRACING HIM. If you think about embracing someone you hold onto them so close that eventually you disappear and merge into one. And that's the concept I have when I am embracing Him.'*

♥ ...To free myself from the conceptualisations of the mind. And with Swami's grace to realise the unity which underlies all the diversity which the mind creates.

♥ ...the end result of our journey. The interim is us being just Love. We need to have love for everyone and that is how we merge with Sai.

♥ 'Embodiments of Love' is what Swami calls us and this is what defines merge for me. It is our ultimate goal. Once we become and shine as true embodiments of love, we have merged.

*'I think we come from Sai, in the middle it's just us being and in the end we merge in Sai. The being is the most important bit of all.'*

*The being is LOVE@WORK.'*