

♥ When I'm happy I don't seem to count (Namasmarana). I only seem to go back to the counting when I have to force it. There were only few times this week that I had to force it. ♥ I continued my action, Namasmarana. It is helping me to have more discipline and follow a daily routine. Each time I do a routine activity I write Namasmarana in a sms. It's working well.

Last week...

♥ Touching base with Swami is going well. I am building self confidence in this job and it's going higher. It was a good week work-wise.

The last few weeks...

♥ Looking back over the last few weeks of practising L@W, I feel that Swami has responded each time I've called Him. But I haven't fully answered Swami's call. My practise of L@W hasn't been as intense as I can make it. Swami has come to me in full force day and night. In the past few weeks Swami has answered me and given me everything I need. He has always been there. He has loved me more than 100%...

Over the many weeks...

♥ Over time you see the effects of practising L@W. I am now conscious of what I eat; I have been waking up early doing yoga and meditation.

♥ Initially, I noticed that the more I opened my heart, the sicker I felt because of fear. In my work, I worked with sick patients; the sicker they were, the worse it was for me. So I found it hard to open my heart. The aim was to think less, close my mouth and open my heart a lot more. Eventually, I did manage to open my heart much more.

In the many weeks to come...

♥ Sudhama only had a little bit of rice to offer Krishna and was shy about giving it to Him. Krishna noticed this, took the rice and ate it with so much love. All He wants is our sincere and pure efforts. I don't think I've offered that rice to Swami yet. I don't think I've offered my work to Him with sincerity and purity. I will be able to do this by continuing to practise L@W.

'On Wednesday night I was thinking that I hadn't been feeling Swami's presence much at work. I told Swami, "I think you should come to my work too." That night I had a dream. I have three computer monitors at work. The middle one is the one I use the least. A couple of pictures of Swami started appearing randomly on it. My boss was standing behind me and asked who the pictures were of...'



Be fixed in the consciousness that you yourself are the immortal atma which is indestructible, which is holy, pure and divine. That will give you unshakable courage and strength. Then, you must develop mutual love and respect. Tolerate all kinds of persons and opinions, all attitudes and peculiarities. The school, the home, the workplace and the society are all the training grounds for tolerance. The relationship with each other must be based on love, not fear.

~ Sai Inspires 22.09.08

'Being humble is the key. Through L@W I think I have grown much further with Swami and with you guys...'

'I am leaving to go overseas. But who is going where? Who is leaving who behind? I am not thinking of missing anything or anyone. I am still here. I am not going or leaving. I am here.'



'Love@Work is only about becoming closer to Swami.'

THE LESSONS

♥ My new mobile phone was meant to be delivered yesterday but it didn't arrive. I called the mobile phone company and clearly, there had been a mix-up. They kept transfer-

ring me from person to person. I had to repeat my story six times. And no-one could help me. By the time I reached the sixth person I was in tears and decided to cancel the contract with the company. After I hung up I felt an overwhelming feeling of shame at getting so frustrated. Even though I had to wait for a long time and the customer service wasn't great, I felt that I need not have become so upset. It made me realise how much I'm attached to my emotions and how preoccupied I am with material things. I resolved to stop myself from reacting - even if my emotions are riding high. Only the mind or physical body feel this rush of emotions. They are not me.

♥ My phone was giving me problems. I asked Swami why this was the case. The answer came: It was to prepare me to be without a phone. I felt he was helping me prepare for better or worse. Usually I would feel bad but this time I felt Swami was with me, preparing me in all possible ways. Nothing happens without a reason.

♥ I lost my work mobile phone on Thursday, the one I use when I am on-call. I don't usually worry about material things but I was dismayed by this loss. I felt embarrassed for having lost it. I looked everywhere, in vain. I pasted notices everywhere I'd been that day, in vain. I began obsessing about the missing phone. The futility of my search only compounded my mind's preoccupation with it. On the weekend, I used my personal phone for on-call work and had many calls drop out. In utter desperation, I prayed to Swami: "You say that "All work is my work". This phone is nothing but a tool to do Your work, to serve Your children. So, You find it. I will carry on with Your work!" For the first time in days, I forgot about the phone. Today, there was a note in my pigeon hole saying the phone had been found! Apparently, a convoluted series of events had led to me not being told on Friday when it'd been handed in. But it was time necessary for me to find the correct perspective within myself.