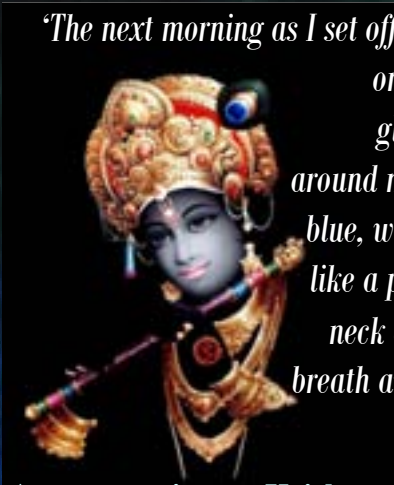


'I really need Love@Work. Really need it. Because without it, without Swami, I'm nothing.'



'The next morning as I set off for work I stopped to put on my shoes on the porch. I glimpsed the mountains all around me. They were the darkest blue, with a ring of white clouds, like a pearl necklace on the blue neck of Krishna. It took my breath away. I thought, "Swami, You are all around me.'"

A conversation on Krishna

L@Wer 1: Swami said in His discourse that this guy, Sishupala, kept thinking of Krishna day and night. To God it makes no difference whether you love Him or hate Him. As long as you are thinking of Him ...

L@Wer 2: There's a saying that if as you pass a temple, a mosquito flies in front of you and you clap your hands to kill it, then God accepts the act of your hands coming together as a *namaskar* to Him. He craves our attention. And He is so simple.

L@Wer 3: Thinking more deeply about the story of Sishupala, I would rather just do Namasmarana and be happy. If you have a negative thought then it will have an effect. I would rather not lose my head with a plate like Sishupala did!

L@Wer 2: But He merged in Krishna.

L@Wer 3: Still....

'Last week was challenging. I was very emotional at work. I don't know why. At the same time it was the week in celebration of our Divine Mother. Midweek, a couple of girls from work asked me about Navarathri and what it meant. So I spent a few hours explaining everything in an email. It felt very good... Something about my mother and my Divine Mother's love made me feel so much at peace.'

'My wife had given me a container of vibhuthi, a gift from Moyia, into which she mixed a packet of vibhuthi given by Swami in an interview. She asked me to put this onto my hands each day to remind me that these are His hands, doing His work (A fellow L@Wer used to constantly remind herself of the same thing, "Your hands, Swami.", as she worked.). On Tuesday I was running late and forgot to do this. My first task at work was to get changed. I dashed into the changing rooms and bumped into an Indian guy there. He asked me my name and I told him. "What's yours?", I asked. "Vibhuthi!", he replied. I have never have met a guy called "Vibhuthi" before! Though I had rushed away, Swami had come running after me with vibuthi, to remind me. All week I had such special little experiences. *It felt like I*



was the lingam and Swami was pouring

His vibuthi of love on me all week.'

The power of thought

♥ I went to sleep every night this week without feeling as fearful, because I tried to focus on the present, rather than letting my monkey mind getting carried away.

♥ I will bring Swami into those thoughts but whenever I need help I will call one of you L@Wers.

♥ I missed L@W last week because I missed the train. In these last two weeks there has been a lot of Sai. I had an exam on Thursday. Even though I was studying, I was thinking of Sai all the time. I have been having a lot of questions like "Why this?"

♥ I always keep thinking of Swami. Whatever I am doing, I believe that it is Swami doing it. I think, "You are the one doing this, not me". I am becoming getting happier than I was before. Day by day, I'm getting my confidence.

'There was a time when even the thought I am Sai used to freak me out! Who am I? Nothing. I said this in public once and a lady came up to me and said, "You are not "nothing". You are Him." Would any mother be able to hear her child say "I am nothing"? I could never have imagined thinking that I am Sai. But now I do.'

Love God by calling Him

♥ I should use one route to Swami, whether it's 108 or 1008 Namasmarana.

♥ Although I do say Namasmarana is a habit, it's sort of a competition within myself. It happens sometimes without thinking about it. I think what I need to do is simplify Namasmarana for myself.

♥ I tried counting Namasmarana all week, like a fellow L@Wer does. I was using fingers and then I counting in my head. It was so good. Little tips like this bring me closer to Him. I will continue my action and my monitoring but I like the support as well.

My L@W

♥ This L@Wer thanks me for helping her but she has defined the structure for herself. She can quantify and monitor it and she has been practising L@W sincerely. It's her baby now and she can take it with her wherever she is.

♥ I'm so moved by this L@W bulletin. I'm filled with tears.

A diamond is cut to make it more brilliant. Likewise, troubles in life serve to refine a person. Love should enable you to welcome even hardships as meant for your own good.



~ Sai Inspires 9.10.08