

ALLWORKISMYWORK

Love@Work Bulletin
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"I came to the conclusion after a continuous and relentless search after Truth, which began nearly fifty years ago...that Truth is God."— Mahatma Gandhi



♥ A challenge came up this week, a very thorny situation, and we didn't know how to approach it. I went for a walk doing Namasmarana the whole time ... a thought arose: "Whatever you do, speak the truth, don't hurt anyone and do the right thing." When I followed these things the situation solved itself. Swami has already given me the tools of truth, right-conduct, peace, love, non-violence. I just reached into this toolbox and my problem was solved.

Just Be.

♥ Swami is a part of me and I am a part of Him. I feel Swami's Presence all the time so it is now a matter of undertaking good habits and making sure my mind does not go to bad places.
♥ My L@W action is just *to be*. I remember this at regular intervals during the day. I have not thought about whether it connects me to Swami or not. It just is. It is a beautiful thing.

Let go, let God.

♥ I will do my work to the best of my ability and serve God through my actions. I do not take credit for anything that I do and I feel He is within me. I just go ahead and do my duty.
♥ I was trying to do many things without much success. So I decided to let go, give it over to Swami and move on to the next thing. From an external perspective, the change was real. I got more things done. And internally, I felt freer because it wasn't 'me' doing anything.



♥ I take my iPod with me to uni and my clinical work. During the train rides, I listen to talks by the **Dalai Lama**. It sets up my day beautifully ...

The comments contained in this publication are edited from personal contributions. Other content is from free-access www sources. Thank you dalailama.com and www.gandhi-anibhavan.org. The content does not express nor implies the views of the Sathya Sai Organisation of Australia & PNG. Please address contributions/ comments/ enquiries to loveatwork@gmail.com.

My L@W action

♥ When I put in effort it (divine connection) definitely happens. I can switch it on if I want to. It's His mercy to give me the feeling. All I can do is put in genuine efforts to perform the action.
♥ I am doing the action but nothing is happening. So I ask myself: Am I doing it for me or for other people? It is a lesson for me that I should be doing it without expectation.
♥ I have been feeling exhausted but kept going with Namasmarana. Swami has promised that by doing it we will connect to Him.

♥ I imagined Swami walking by and merging into the person in front of me as he sat there! Even as I looked into his eyes, I knew that the twinkle in his eyes was the same twinkle in Swami's eyes.



♥ In my heart I say *Sai Ram* to everyone I meet. I imagine a small light in their hearts. I imagine this light even in the trees.

Everything is God. You should always contemplate on God.

Sai Inspires 23 Feb 2009

Connections with Sai

♥ I am writing *Om Sai Krishna* every hour. I am trying to pour love into it and be mindful about everything around me. It is helping me to detach from the negativities at work.
♥ I have a diary sitting next to my computer and I write *Sai Ram* on one line, trying to squeeze in as many *Sai Rams* as I can. I really try to connect to Him while I am doing it.

Love@Work before work

♥ When I wake up I say, "I dedicate this wonderful day to You, and everything that will happen, will happen because of You."
♥ While walking to uni I repeat the Sai Gayatri.
♥ I am able to switch off to everything else happening on the train by plugging in my earphones. I normally listen to devotional songs. The feeling is strong when I get into it. Its good going into work charged up!

♥ When I wake up, I kiss Swami's head in a picture.

♥ When I feel alone or as I walk to uni, I develop the feeling that He is holding my hand and automatically the thought comes: **Why must you fear when I am here?**

♥ I try to imagine that I am pushing Swami's chair, or that He is walking beside me to work.

♥ When L@W first started I asked Swami what does it mean for me? I had a dream where I was scanning groceries with a heart full of love for God. When I looked down on my hands they were Swami's hands and my body was Swami's body. The memory of that dream has been driving me this week.

♥ I try to imagine Swami sitting beside me and I touch His feet (in a picture) in my drawer

♥ Every time I change an activity, I try to contemplate on the quote from Swami that Dr. Joe gave us about 'Your service to your patients is My Padanamaskar to you.' I tried it in a conference with six other people. Not only did I become aware of tuning into Sai but it increased the desire to connect to them all.

Next Meeting: Friday 20th March 8PM, 18 Royal Parade, Alderley