

ALL WORK IS MY WORK – BABA

SWAMI SAYS

Devotion - This is the highest form of love. Devotion means constant contemplation of God. The term *Bhakti* is derived from the root *Bhaj* (to worship). Devotion means loving contemplation of God, repetition of His name, worshipping Him and doing penance for Him. Service to the Lord is the highest expression of devotion. There is nothing which is not attainable through loving service to the Divine. (DD 16.01.88)

A gentler loving outlook...

I was duped into thinking L@W was all roses. The second week started with an angry outburst from someone close. All I could do was hold onto Bhagawan's feet while the tornado circled around me. **To my amazement I found a loving calm had embraced me. I did not return fire; only explained my situation and they actually understood.** L@W had become a welcome shield. Even more beautiful than that was a giving moment to an acquaintance in distress. It wasn't hard for me to think with my heart and console the person and lift them to a higher perspective. Sometimes I wish I could do that to myself more often. L@W with conscious effort becomes a shield or a compassionate gesture leaving all parties involved with a gentler loving outlook.

Loka Samastha...

There was a guy from an Adelaide company working on another part. This guy wasn't helping himself – heavy smoker, muttering under his breath, stressing out. I remembered the English version of Loka Samastha. I just started saying it to myself. **I can't say he felt better...but / did!**

Testing our Faith...

A patient told me some horrific stories about Swami. My monkey mind! How can I trust someone I've met 5 minutes? I read positive stuff but it came up again. It's a battlefield. **It's really a mind control thing. I have to keep focusing on Swami. It was an eye opener.**

There are no mistakes with Swami... A client was obviously frustrated. I didn't prepare myself to see Swami in the person. Swami just said **"deal with this now! No preparation!"** Whatever comes, you just have to deal with the situation.

Lessons from elders... I asked my Father, "Did you ask Swami to give me a 7 (highest grade) in Tax Law?" He said he'd asked Swami to give his daughter what she deserved. If I had offered my studies to Swami, I had no need to stress or worry. That's my aim now: **How I'm going to surrender to Swami?**

Hanging by a thread... I had a performance review at work – got absolutely hammered but I thanked them for showing me how to pull my socks up. I just studied my guts out for the exam. I felt not as attached to the result. **I was desperate and asked Swami to help.** I got 1000 – perfect score! Divine grace.

For the past 4 months I have been looking for work. I have tried everything. Now I've surrendered and I think this is the best way! This is a lesson I learnt from uni: "Swami you are the doer, Swami you are the doer..."

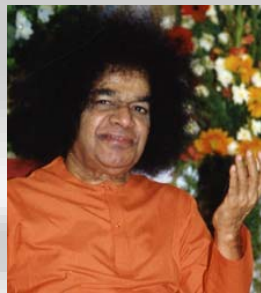
No matter what happens, we have to keep a level of equanimity at work. I seem to fluctuate with everything that happens. I go up and down, up and down. There's always going to be something to pull you down.

We have to remember that if you get too happy over something it's a bigger fall! It's so emotionally draining to be upset. To be happy is to be connected to Sai – that is not a chore. **To be physically or mentally upset at work is draining. But if you're happy then it's not draining.** We must remember that whatever comes your way is from Swami.



There is a difference between dedication and surrender...that 'you are doing it!' With dedication there is feeling of separateness.

To say that 'after I have surrendered I am put to suffering' itself shows that the surrender is not real, because where is the place for 'I' after surrendering everything?(DD23.11.87)



I managed to let myself down during the week, and I got really worked up and became very unreasonable. It's almost as if I could see the opportunity missed to practice restraint. **L@W is making me more aware of my mistakes;** like turning a spotlight on myself.

Satisfaction lies in the effort – not in the goal. We really don't have control of the result.

I took the week off to study. I'm concentrating on loving my studies. Every time I've side tracked, I think I need to love it too.

I was on a training course, in which I had to give feedback on people at work. It was quite a challenge to do this because people only want to hear things in a certain way and they also will hear what they want to hear about individuals. I have noticed that people thrive on hearing negativity about others.

I had to think hard about how to give negative feedback. What do you do? **If negative has to be said, we must say something positive at least.**

I was asked to develop a small Java program within a short time. I told Swami, "You have to write the whole code. I totally surrender to you because you are doing it. So just use me as your instrument". I set myself a deadline to finish by 6pm. By 2pm it was done! Swami had written the whole thing. Satisfaction lies in the effort – not in the goal. We really don't have control of the result.

I was sick during my last exams, I asked Swami, **"You made me sick. So you're in control and in charge"**. In my last exam, I was thinking, "why am I not stressing? It doesn't feel normal before an exam". Worst still, I did the exam and finished in 45mins. Oh my God, I panicked! **It didn't occur to me that I set all these things to Swami.** He listens!! He did my exams!

Let them feel my love... They put me in a dementia area in the nursing home where there are a few ladies feeling really down. I got depressed too! I said, **"Swami, make me strong. Walk with them and talk to them so they can feel my love too"**. So I said to this dementia lady, "Smile! You have a beautiful face!" And she gave me such a beautiful smile! I'm loving it! But it's very challenging too.

Monitoring blues... I need a method, or some form of stimulus to remember Him. **I'm relying on catching the thoughts, but now I think that I need to put stuff down on paper.** I find it hard at work cos I don't have time to be at a desk in the shop. In an office job it's easier...

Monitoring Pro's... I have this chit of paper where I write Swami's name. Whenever I come in, I remember. I also have a chair next to my desk which my boss sometimes sits in. But when he's not there, **Swami sits there!**

The human touch... It all comes down to what my professional opinion should be in terms of the law. I didn't consider a client as a human being, mother, and a woman who has been through a very difficult marriage. I didn't consider her in a 'Sai' way. **I've got to step back a little and put in the human factor even more.**

So Close... **He is so close to us, constantly, but it is us that moves away.**