

## My L@W action makes me good

♥ I wondered if my writing *Om Sai Krishna* every hour was doing any good at all. When you're doing this action you're connecting to Him, even in a subtle way. If you do, speak or think a even little wrongly in the day, you just feel so bad because you know you've dedicated every hour of the day to God. It's in the mind; it's all in the mind.

♥ Because of my L@W action I have been purposefully jumping at the chance to take on difficult patients; it has removed the dread that complex patients bring. My supervisor, known as a bit of a 'dragon lady', has commented that I have been doing certain technical things well. It's nice to hear that from her. So that's what has come out from my action.

'When I work driven by my ego, my work is **hard**. But when working with belief in **Swami**, my work is easy.'

## 'The business of Business and the business of life'

'My work and spirituality are both important to me and they merged today ... I had prepared the boardroom and the customer came in. I flooded him with questions to understand his company's needs. Pretty soon two things became apparent: He didn't have any money and he was at the 'bottom of food chain' (as we crudely say) in terms of making key purchasing decisions. Nobody would've blamed me if I'd ended the deal right there. But

I kept trying to see Swami in Him. He may not have been the decision-maker but I treated him like a person who had enormous money. I took him out to lunch, like I would any important client.

At the end of it I felt better about myself and he felt happy. ♥ For me it's really hard to see Swami in people, especially when I am trying to sell them things. I think like a shrewd business man.

♥ My dad is a business man: He says it's about doing the right thing and not just about making the decisions that drive profit. It's about really believing in the product and that is a service you are doing for the client. Never differentiate the client as rich or poor because you never know when the situation may change.

*'The business of business and the business of life are one and the same - and to bring the infinite possibility out of any individual is extremely simple. It is the understanding 1) that the infinite possibility exists within you and 2) discovering a way in which that infinite possibility can emerge.'* ~ James Sinclair

'There's a lot of negativity at my workplace at the moment because of restructuring. When we get together, we start to gossip and have little cynical jokes. There's a really negative vibe and I am getting very frustrated. On Friday (20 March) just before I sat down to do my meditation, I read Sai Inspires (below). After I read this I told myself "I cannot go on like this anymore". It's very hard to go against the grain. It's very easy to slip into negativity, unless you keep the bigger goal in mind.'

*Only when you develop the quality of hatred in yourself do you see hatred in others. Whatever you do to others, you will surely experience the result of that action. Whatever you hear or experience is all due to the reaction, reflection, and resound of your own actions and feelings; others are not responsible for it.*

~ Sai Inspires 20.03.09



## Countering negative with positive

♥ I've noticed that when I'm caught up in negative thoughts, I don't serve the next customer well and I start to judge them, instead of simply letting them tell me what they want.

♥ We were all sitting in the tearoom whingeing about this guy. I felt dirty participating in the backstabbing, like I was doing something bad. I thought I could have my lunch in peace if I just walked out. But I decided to stay and do something else; I began to talk about an amazing patient. Soon others started contributing their stories about similar patients. The whole atmosphere of the tearoom changed.

♥ Right from the start all they talk about is other people. I used to sit separately but now I just sit with them, eat and smile. Whenever a general topic comes up in conversation, I jump in and contribute. They really enjoy my company, so they bring in a topic which is not gossip. Things have changed.

## G.F.C. - God For a Crisis

♥ When I was in Townsville, there were a few people in my company who lost their jobs. At that time I felt fear. I prayed to Swami, not for my job but to remove the fear and I had a word with my manager. He told me my job was secure and he has shifted me to another division.

♥ It has been a very tough couple of months in terms of spiritual growth and development. Sometimes I feel that Swami tests us so much and even though we think we have reached saturation point, He tests just a little bit more. It is increasingly difficult to always maintain that peace of mind especially when the world around you is in chaos. I am in the throes of having some of my colleagues being retrenched and this for me is the most heart wrenching- Deep down, I know that Swami has a plan, and that offers some comfort.

'Thoughts of Swami arose spontaneously in my mind. I was trying to remind myself that I was the Self, and here I was having spontaneous thoughts of the embodied Self! Every time thoughts of Swami would come into my being, they would shake me. At times, I quivered. What is it about this entity, **Sathya Sai**, that even a single thought of it can have such an unsolicited reaction in the body?'

## My connection

♥ With Namasmarana I have been trying to keep my thoughts pure, good and concentrating on witnessing. When I am not engaged in work I keep doing Namasmarana.

♥ To connect to Swami, I pause every hour. Whenever my eyes get tired looking at the computer I just pause and think of Swami.

♥ Before starting work I submit everything to Swami. I tell him: "You are the Doer". I put Vibhuthi on my forehead before I go to work. Once I start work I just focus on the work. I'd like to think more of Swami though.

'There is a rhythm to everything at work, especially when it's really busy. Two customers are waiting, there are three prescriptions to dispense ... I glide between tasks - there is a very nice rhythm. The end of each dispensed prescription is the end of a stanza: It's like a dance. During the stanza I submit to the rhythm and am moved by it. At the end of each stanza I say *Sai Ram* and the next thrilling stanza begins...'

