

In the past, when I could not come to Love@Work meetings, I used to think of Love@Work once in a while, when I saw ALLWORKISMYWORK. But after coming to these meetings, the L@W effect is with me all week. This

Love@Work is helping me remember what I have to do.'

Fighting Negative Qualities

♥ In psychology, we teach breathing with mindfulness. People with chronic pain latch on to this method and it helps them a lot. It takes quite a bit of concentration to focus on your breath.

♥ All (breathing with concentration) does is bring you back to what you actually are. Nervousness is thinking about the unknown. When you focus on breathing, you shift your mind from what *could* happen to what *is* happening.

'Once in an interview, Swami gave us tips to overcome anger: Drink a tumbler of water; Walk away from the scene ("One furlong quick walk!", He said); Look at yourself in the mirror and when you see your angry face you will laugh!; Ask yourself, "Am I a man or dog? Am I man or dog?"; Turn on the tap and listen to the sound of water. Hum that note and sing a Bhajan to it!'

Please explain!

♥ I have been working on being able to communicate less bluntly, especially in emails. Normally my emails are two-three words like "failed", "see comments", with no greeting or ending. I have been trying to work on communicating the reason behind my comments. I am finding that trying to understand the reasons for poor work by others helps me guide them better.

♥ *If I am busy I find I don't have much time to explain things to the student interns. I usually like to take on students in the penultimate year of their course so they can pick things up better. We ended up with a second year student and she had not had any experience in pharmacy at all. When she came the first time, I felt bad because she was there for 4 hours and I only spent 10 minutes with her. I have had four or five students this week and really tried to put in the effort to explain things.*

♥ I have been working on getting people to understand why they need to do things in a certain way, understand the ramifications of their actions and providing them with more assistance before I review their work. People seem to be responding better and more motivated now, since I started doing this L@W action.

I Surrender, I surrender to Sai

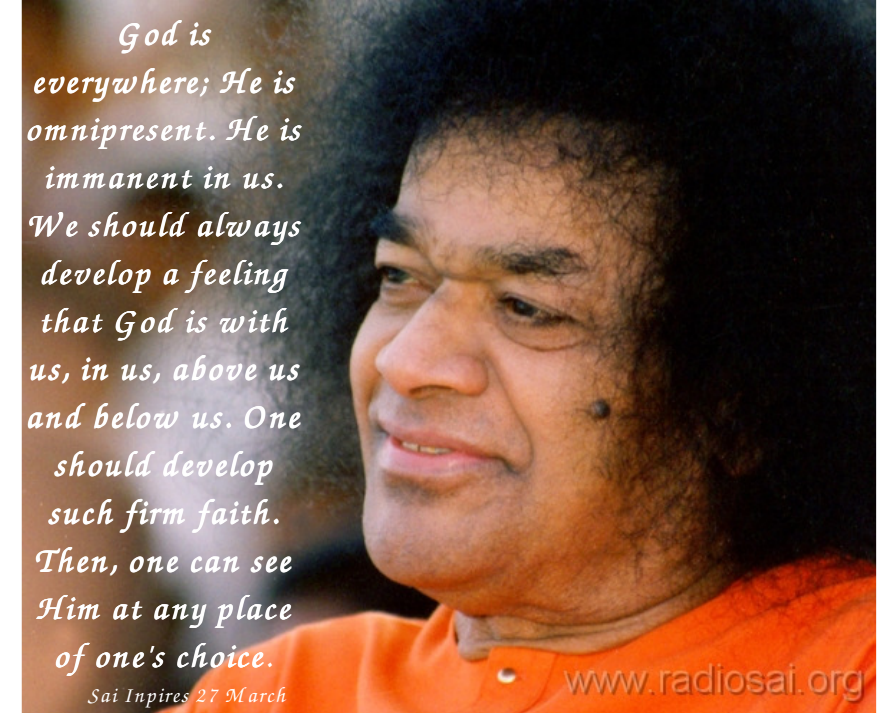
♥ Today I lost a very important deal. My boss was really banking on me to get this deal. I was so disappointed. I opened my cupboard with Swami's picture in it and asked Him: "Why are you doing this to me?" I started doing Namasmarana looking at the phone, hoping the client would call and say he'd been kidding! As I was sitting there, I realised that I should really just submit to His will. I will give 100% to every deal but the results will be in Swami's hands. If it turns out well then it's His will; if it turns out badly, then it is His will also. I want my action to be karma yoga.

♥ *I was so unhappy at work and would come home and cry. My L@W action is a form of Namasmarana - an affirmation. Every opportunity I get I say, "I love you, Baba, please help me surrender to Your will". The transformation in my attitude has been amazing. I felt happy. People have been wondering why I have been smiling for no reason. I feel like I am lying at Swami's feet. For me, that is connecting to God.*

♥ I performed in a concert in Singapore and a riot broke out on stage. People were storming the stage and I was thinking "Oh my God, we are going to be in so much trouble!". The police came and arrested my whole band. This experience taught me how to detach from things that you work so hard for, and if it doesn't happen just laugh and go with the flow, thinking, "Swami does not want it for me. There must be some reason for this not happening. Divine will intervened for a reason." In this instance, I could no longer play in Singapore but now years later, I have the opportunity to play in Australia.

'With music, all my tension just goes away. I did a lab experiment and my results were contaminated. That night I played percussion at the Sai centre. When I repeated the lab on another day, I passed it. At times of stress I just go straight for my percussion - playing it releases me.'

*"If you cry with trouble, it becomes **double**. If you smile with trouble, it becomes a **bubble** (and bursts!)."*



God is everywhere; He is omnipresent. He is immanent in us. We should always develop a feeling that God is with us, in us, above us and below us. One should develop such firm faith. Then, one can see Him at any place of one's choice.

Sai Inspires 27 March

www.radiosai.org

'For the whole week I have been stressed, preparing for exams. A bhajan popped into my head when I was in the library. I started singing it. I happened to look at the floor and I was stunned - the flower petal design of the carpet resembled Swami's outline! I could see His eyes looking up at me from the carpet. I felt He was watching me as I studied. It was reassuring.'

Smooth or rough, 'tis the Hand of Sai

♥ It was the deployment day, busy, full-on busy. Many things were happening in parallel for the release of the new software. At every stage I could see Swami's hand, because every little task was going smoothly. There were a few hiccups but He gave me the skills to solve them from my prior experiences. And today we wrapped it all up. Everything went like clockwork, because of Swami.

♥ I walked into the bathroom and all my cosmetics were scattered on the floor, thanks to my sister. I missed the bus and was late to university. The lab experiment required us to look at hepatitis B and I had not been vaccinated. I ended up spilling a whole vial of the virus on the bench! We mopped it all up and I thought the shocking morning was finally over. I stormed across the road to my car, turned the ignition on and forgot that I'd left the stereo volume very high. I was hit with the blare of bhajans! The shock brought me back to a more pleasant reality. I was so taken by the bhajans that I did not even pay attention to other motorists blowing their horns at me!