

Perseverance and Love

♥ A client of mine has been missing several sessions. I have to travel 3 hours for each session and when she does not turn up I feel I've wasted my time. But this week I was determined not to judge her. She was not there when I arrived but I decided not to give up on her. I decided to sit and wait. She eventually turned up and we had a really good session. And she was dressed in orange! I was glad I had waited.

♥ Whatever I did went wrong. I did not know what to do. I kept chanting *Sairam* when things got messy but it didn't really help much. Usually when I chant His name I get a good feeling but I guess it was Swami's turn to test me. At the end of the day, I was surprised to see that all the work was done. I could not see how it all got done!

‘Everything good that comes out of a human relationship, every positive experience, is Swami coming to us. If there is any negativity or disappointment, it arises from our own mind.’

Understanding anger

♥ We were at a traffic light and as soon as it turned green someone threw a coke can at our car. At that time I didn't feel love. I did think of Swami but not in a loving way. However, the cool thing is I was aware of what I was thinking and addressed it to Swami. My action is *Namasmarana* and even during those times, it helps me to remember Swami.

♥ This week was beautiful with Swami, Swami, Swami! Two weeks ago I was getting angry in my job, I tried to calm down but could not. There is a person at work who tends to take things for granted. This guy was joking around and hit me. I do not know what came over me but I gave him a tight slap right back! I started thinking about what I had done. Uncle Arthur told a story about a woman who was behaving badly and he slammed his hand on the table to get her attention. He said that sometimes a show of anger is necessary. It was an assurance to me. Now the guy has become more serious at work.

The Willing Companion

♥ In a previous L@W meeting a L@W-er said ‘it is not God who is hiding from us but we who are hiding from God, keeping things from Him. We are consumed by thoughts about the past or future that makes us feel ashamed. We withdraw into ourselves and we feel alone. However, we are never alone and God is always a willing companion. We should share everything with God.’ Since then I have been sharing everything with Swami. I am more aware and consciously doing that.

‘Only Sai can quench the thirst for Sai.’

The comments contained in this publication are edited from personal contributions. Other content is from free-access www sources. 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. We thank Dr. Joe Phaneuf for the photograph.

ALL WORK IS MY WORK

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‘I just want to be aware that He is everywhere, to remind myself that He is here at all times. Every time I breathe, it's Him going in and going out.’

The image of Sai...

In my patients. My action is to put Baba's image on my patients at the beginning of each consultation. It has made all the difference to the consultations. There is more rapport between us. When I'm connected to my patients like this, I feel happier and more content with my work. The image I put is like a prayer to Baba to help my patients.

In my students. I told myself that when I walk into the tutorial I will look everyone in the eye and smile at each student. When I did that, *Sairam* automatically came in. The students seemed to enjoy themselves and I really enjoyed teaching them.

In my landlady. I was in my room, sending good thoughts to everyone who was sleeping. My landlady is a kind person but not very polite. I sent her good thoughts and the next day she was very nice to me. You send people good thoughts, they feel good, and the love comes back to you.

In nature. We've been driving around the South Island of New Zealand. We set our mobile to remind us to make an hourly connection to Swami. Then we do bhajans or *Namasmarana*. Everywhere we looked, He was there in nature. We could see Him even in the people we met along the way. It was like heaven and it has been so easy to experience His Presence.

‘The connection is in His hands but the desire to connect to Him, in a way, is in ours. And He will just come running, from the mountains, lakes, trees, sky, rivers... I felt Swami was coming out of everywhere and hugging us. How do you feel when somebody you really love gives you a hug? We just felt so happy, happy, happy, and happy... People asked us if we were getting bored or tired with all that driving. We were not. We were so happy. How can happiness tire you? Can connecting to Swami ever fatigue you?’

God sent.

♥ I arrived in this town two months ago and for the first week I was staying in temporary accommodation, paying \$50 a night, but looking for a permanent place. I looked at 20 houses and couldn't find anything within my budget or preferred location. Then one day I was waiting outside the State Library and I overheard someone speaking an Indian language and I started talking to them. I told them about my search for accommodation and they said ‘you can stay with us’. I now pay \$160 a week with all meals included and located perfectly with a bus-stop right in front. It is just beautiful. It is perfect. God sent.



Living with the Presence

♥ Swami is so wonderful; He comes to me even when I am not doing my job well. The hourly touch-base idea He's given me (when I write *Om Sai Ram* in my diary) is amazing. At the time of touch-base there is no negative emotion present. There is only Swami. There is just Him and it is beautiful. Once I nodded off for a few seconds and in that instance, Swami gave me a beautiful darshan in His full form, smiling and blessing with both hands. I had not put in my full effort, I had not been doing my work properly, and yet He came.

♥ Anywhere I go, Swami is there. When I woke up in the morning, I knew Swami was in my room. I was saying to myself, ‘Swami is here, Swami is here’. As I was walking, I thought Swami was holding my hand. I was speaking to Him as though He was there. I kept Swami with me while I was cooking and when I went to the gym. So, I became more aware of my thoughts and what I was doing.

♥ It was very hectic at work this week, the highest count reaching 250 prescriptions in a day. I was saying *Sairam* with every prescription and I could see Swami in the pharmacy. It was just beautiful. Just believing and imagining He was there with every *Sairam*. With every *Sairam*, Swami was there. I was more aware of Swami's physical presence in front of me. It was beautiful that just by saying His name, Swami's actual physical form was with me. And when you have His physical presence, what else is there?

♥ Doing *Namasmarana* to and from work has improved a lot this week, despite the fact that I forgot to take my headphones (to listen to Bhajans) with me a couple times. I've felt quite connected to Swami, especially in the mornings. Thursday was the highlight; I felt His presence quite intensely.

‘Somehow my thirst for Sai is increasing and I can't fulfill my thirst. Just saying His name is not satisfying me.’

Recognize the Lord present in every heart, and all will be smoothness, softness and sweetness for you. The Lord will be the fountain of Love in your heart, and in the hearts of all with whom you come in contact. Know that the Lord is Omnipresent in You, and in every other being. Adore everyone as you adore the Lord.

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