

Life is a long pilgrimage along the rough and torturous road of this world. But, with the Name of God on his lips, the pilgrim will know no thirst; with the Form of God in his heart, he will feel no exhaustion. The company of the holy will inspire him to travel in hope and faith. The assurance that God is ever near will lend strength to his limbs. Remember that with every step, you are nearing God; and God too, takes ten steps towards you when you take one step towards Him. This journey does not have any halts; it is one continuous journey, through tears and smiles, through birth and death. When the road ends, and the Goal is attained, the pilgrim finds that he has travelled only from himself to himself, that the God he sought was all the while in him, around him, with him, and beside him! He himself was always Divine.

Thought for the day 1st May 2009

“How can I be anything other than ecstatic? I end the day with my feet not touching the ground. I love it, I just love it!”



Un-worry

♥ This week I created a mental “No Worries” basket. Anything I worry about, I put it in the basket. I know that Swami is taking care, so I do not have to worry. I am going to concentrate on **Namasmarana**. It lets me observe my thoughts and the worry does not come back.

Good Morning Swami!

♥ As soon as I wake up I say, “Good morning, Swami! Sairam!” That way I focus on Swami. At that point, I try to dedicate my actions for the day to Him.
♥ On my alarm clock there’s a little message that says “Surrender”. It is the first thing I see when I wake up in the morning. I then close my eyes and visualize Swami morphing into me, merging into me. He is the puppet master controlling my body.

I dedicate the next task to You

♥ I try to think of Swami before I speak to someone and see Swami in them. I am not perfect; I forget sometimes. I take a few deep breaths and come back to it.
♥ Just before I do any task (E.g. opening my book, or washing the dishes) I close my eyes for 2 seconds and touch base with Swami: “I surrender this activity to You and everything I do is in Your hands”. It is very quick but it puts me in the right mindset throughout the day. When you pray in the morning, you have the correct mindset. And this dedication is like praying every half hour. It keeps me in a good mood.

Rude People?

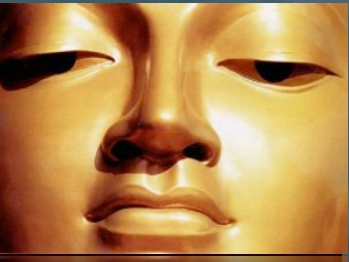
♥ I was at the doctor’s surgery and the receptionist was really nasty to all the clients. It got on my nerves and I did not know what to do about it. I am finding it hard to accept when people are mean to each other.
A: Try to imagine that Love is pouring into them and say, “Have a nice day!” You do not have to say anything; just have good thoughts and do it mentally.
A: A client was always grumpy with me. Therefore, I made a conscious effort to remember what he bought every week. He is lovely now! It made a difference because I went that little bit extra to remember him.

Efforts in L@W

♥ This week, I have felt the most happy. I am making sure that I am doing **Sadhana** at all times. I am remembering Swami, doing **Namasmarana**, and seeing Swami in everyone.
♥ I really really love Swami! I am going to Love Swami all the time. This requires me to do my L@W action with effort: to serve my customers to the best of my abilities. It is going to drive me, because I really do love Him.

Close to SAI

♥ During **Dharshan** I had the thought that I wanted to come really close to Swami, like connecting to Him. So now, if I am having negative thoughts, I remember all the feelings and good memories from that close **Dharshan**, and it puts me in that nice space again.
♥ My action is to use Swami’s quote, “Your service to your patients is My *pada namaskaar*” to guide my actions. I noticed that Instead of using this quote to guide my action, I have been turning to it to get some comfort. The quote changed to “My service to You is Your *pada namaskaar* to me.” It helped me in a tutorial this week. A student was being difficult and at that moment, I thought of this quote. The mental image of getting *pada namaskaar* from her came and I felt comforted. I did not feel as bad as I did a split second ago. I can see my action morphing. It is going to help me for the rest of this semester.



“Work is nothing but an experience, an excuse, to draw closer to Swami, to love Him.”

I am in Sai is in me

♥ I don’t have conversations with Swami. Instead, I like to imagine Him opening my heart. I picture myself in Swami’s heart, so that Sai surrounds me on the inside and outside.

Smile 😊

♥ The patient’s friend told me, “She doesn’t know what’s wrong with her eyes so she was feeling nervous. But once she saw your smile, she was okay and felt safe.” To connect with Him is as simple as smiling and putting love on people.
♥ When I was in a booth at work, I got a piece of paper and started writing ‘Om Sai Ram’. In between writing, every customer that came past exchanged the warmest smile with me!
♥ My lecture had already started and the lecturer addressed me as I walked in late, “You can sit right in front!” 500 people were there, all staring at my shoes. I forgot that I still had my huge, bright, pink bunny slippers on! I thought, “Oh, this is You, Swami! This is all You.” I sat down and said, “Sairam”.

“Go within. Just dive in and let everything come from the heart. We have the opportunity, every second, to connect to Him. When we really yearn for Him and when it comes from the heart, He will come instantly in front of our eyes.”

Leaders like Lions

♥ I feel that I’m looked upon more as a leader in my workplace. That means I have to have the qualities to guide people, and ensure that I am confident in what I am doing. If I do not know it, then I should not pretend and lead the person in the wrong direction.
♥ I can’t rely on others to help me all the time. It is about being proactive and vigilant.

Back to Basics

♥ My action of doing **Namasmarana** while travelling to and from work has been quite sporadic. It has not been very intense even when I did it, particularly in the last few days. Today I let my anger show with one of my colleagues. I did think of the image of Swami telling us to drive out anger in the 2006 interview. But still I let the emotions get the better of me. I think I am going to go back to the basics (i.e. **Namasmarana**).
♥ My action is to touch base with Swami every hour. I have a diary and I write one line of “Sairam” every hour. The action is really very powerful but my connection isn’t there with Swami. There is nothing wrong with what I’m doing; there is something wrong with how I am doing it.

