

ALLWORKISMYWORK

Love@Work Bulletin ~ Issue 77 ~ 08 May 2009



Love God and you see God in every creature. Another way is to start with those around you, and then widen the circle of love till it envelops all creation. Let the mind dwell ever on God; let it see everything as Divine.

That is what is described as one-pointedness. When the mind is so fixed, it will give up its tendency to search for faults and foibles in others; it will not run after the foul and the frivolous and it will not accumulate the trivial and the transient. The body is like the container of the torch, the senses, the bulb and the mind is the battery. But if you use your intellect as the switch, then, the mind will not be turned towards the undesirable. It will be used only to help the individual's progress towards his/her Divine destiny.

Thought for the day 7th May 2009

Let me Rest in Your Arms for a While

♥ I have felt Swami really testing me over the last two weeks. I was not able to come to L@W meetings and I failed a difficult exam, which means I will have to do really well in the final exam to complete my course. However, I love it when Swami is testing me – my action is to consider Him as my best friend and I feel very happy that Swami is with me, I will do my best for the next exam and the rest is in His hands. I recalled a saying that when everything is going right God holds your hand and in difficulty, He carries you. So I am imagining Swami carrying me and I know He will take care of me.

♥ When I started my job, I was overawed. I had moments of self-doubt and thought where Swami had brought me. The only thing I knew to do properly was to love Swami and that is where I decided to put my effort. I realized later that Swami never let me go.

Monitoring - Increasing My Awareness of You

♥ I spent three years designing the self-monitoring tool that I have. When I pick up the chart for my next patient, I think it is Swami coming. Once I finish, I write something about the patient. It is important as it reminds me of Swami in that patient. Self-monitoring in itself is effective, it is a dynamic tool, and it is much more effective at the end of the day when I write the daily report to Swami. I feel it is like my secret diary to Swami, a very personal one.

♥ My action is to reflect on the quote “your service to your patients is My pada namaskar”. I have started to feel that as I am serving the patient I am touching their feet, which is no different from Swami’s feet. To understand why I now see the patient in this light is not possible because I have not been monitoring my action. If I start monitoring, I will be able to identify what internal process has triggered this feeling so that I can maintain it without floundering.

♥ I really need to work on monitoring my action. I have to be more disciplined and get more structure in my day. At the end of the day, I have been thinking about what I have learnt that day and not writing it down. I think writing it down will help.

♥ My action is to open my heart and my monitoring is with Namasmarana. I am doing Namasmarana constantly and effortlessly, it reminds me of swami. My mood has improved and I feel a lot better. With my heart opening exercise, I have been trying to pour love on people in my vicinity. I think one needs to keep a score sheet and reflect at night to monitor more effectively.

♥ My action is to write ‘Om Sai Krishna’ in my diary every hour. When I start my day by dedicating the action to Swami, something happens to remind me of my action. It is perfect. In terms of monitoring, I spent a lot of time doing up a monitoring sheet. I started using it today and it has been good. It helps me to reflect properly at the end of the day.

♥ My action is to connect to Swami every hour by writing Sai Ram in my diary. I feel I can have more Swami in my day. I need more of Him. Even though I need to do more to connect to Him while performing my action, I think I can bring Him more into my day. I tried monitoring my action for the last couple of days and it gave me a lot of confidence when I was successful. Self-Monitoring is the tool that will help me to have Swami more in my day.

“Even feeling the love and the intensity of love is in Swami’s hands.”

SAI – the doer

♥ My action is to write to Swami every hour and say “this is You.” I feel He is doing more effort than I am doing. It has been hard not to connect to Swami at work because everyone is so lovely. I am not putting in any effort; Swami is doing all the work.

♥ My action is to say sairam while riding my bicycle. I have never ridden a bicycle before so I am scared but chanting His name helps me. My action takes me safely from point A to point B.

♥ Doing my work is important but secondary to me, Swami is first.

My Beloved I Dedicate This Task to You

♥ Lately my work load has been so much that I have been jumping from one task to another. Every time the task that I am doing changes, I stop, detach and sincerely offer it to Swami. The action has been really effective. The tasks that looked huge at the beginning were done instantly once I dedicated it to Swami. My action gives me a satisfying day and allows me to be more aware of Him.

♥ I started my action of surrendering to Swami before each task by setting an alarm to remind me to do my prayer. I have now started doing it before each new activity no matter how small it is. Even walking across the room to receive my lab results would be the trigger to do my prayer of surrender and now I do not need the alarm anymore.

“It really does not matter where we are, it only matters that we love Swami.”

Loving You in All

♥ My L@W action is to make a conscious decision at the beginning of the day to be loving, which then influences all my actions during the day. Making this choice at the start of the day reminds me that Swami is in every person and I should treat them like I treat Him. Even if it is a person that I do not get along with, or when a negative thought about that person comes into my mind, this stronger thought that the person is Swami takes over. I find doing this action makes me happy and the people around me happier.

♥ When someone needs help with something, if you just stop and help with what is needed, then that person feels better with what they are doing, and it begins a little ripple effect that improves productivity.

“Swami is there, no matter what the emotions or feelings.”

Do Your Best and Leave the Rest

♥ My L@W action is karma yoga, to try to dedicate every deal that I work on to God and leave the results to Him. I have been doing this so that I maintain level headedness and do not get excessively happy or sad when I win or lose deals. Over the past two weeks, I found myself not caring whether I was successful or not at work. I was becoming detached and not giving it my all. I sat down and prayed for guidance, asking Him if I should be detached from my job. Then the realization came that I can dedicate my work to Him and leave the results to Him but I should give it 100%.

♥ Swami knows what He is doing and I trust Him.

♥ The feeling comes but what matters is the effort we put in.

“Happiness is what people associate with love.”