

ALLWORKISMYWORK

Love@Work Bulletin ~ Issue 78~ 15 May 2009

Know my True Self

Goal: To realize I am Sai.

Action:

- ♥ To touch base every hour by writing "Om Sai Krishna".
- ♥ To greet Swami in my colleagues.

Goal: To know myself.

Action:

- ♥ To breathe and appreciate who I am while in high pressure, stress or agitation.
- ♥ To do Namasmarana whenever and wherever I can.

"I want to experience and feel Swami all the time."

Experience SAI

Goal: To experience Swami as the motivator of my actions and feel that He is pushing me in the right directions.

Action:

- ♥ To Picture Swami's form every time I engage with people.

Goal: To enjoy my life by avoiding unnecessary worries.

Action:

- ♥ To see God in everyone.

Goal: To have better connection and reception with Swami.

Action:

- ♥ To surrender everything I do to Swami.
- ♥ To chant 'Sai Ram' when I am riding my bicycle.

"Love heals all the inherent failures in us."

Dedicate to SAI

Goal: To dedicate my work to Swami.

Action:

- ♥ To project Swami's image onto patients and colleagues so I can see their true selves.
- ♥ To chant the Gayathri Mantra at beginning, middle and end of the day.
- ♥ To ask Swami to think, feel and act through me.

Goal: To develop a good character by having unity in thought, word and action.

Action:

- ♥ To practice karma Yoga.
- ♥ To do Namasmarana.

Goal: To be able to do my job well within my work environment.

Action:

- ♥ To advance my knowledge and skill.
- ♥ To understand my workplace and my colleagues.

Be Love

Goal: See love, be love and do love.

Action:

- ♥ To stop, slow down and think of Swami more.
- ♥ To work from the heart.

Goal: To be Love.

Action:

- ♥ To dedicate everything I do to Swami.
- ♥ To do Namasmarana.

Goal: In love, see love and be love.

Action:

- ♥ To sing Gayathri Mantra when I start my work.

"My goal is to realize I am SAI."

In HIS Presence

Goal: To feel Swami's presence and to love Him in everything.

Action:

- ♥ To be grateful by being thankful.
- ♥ To express love to people around me.
- ♥ To be in the state of love.

Goal: To see Swami in every aspect of His creation.

Action:

- ♥ To see Swami as my best friend.
- ♥ To thank Swami by chanting Gayathri Mantra for all that He has given us.

Goal: To feel Swami and His love constantly.

Action:

- ♥ To see Swami in everything.
- ♥ To think 'This is Sai' when I meet, touch or see people.
- ♥ To say 'Sai Ram' with each email I send.

Goal: To maintain a constant connection with Swami.

Action:

- ♥ To Practice surrendering my work and studies to Swami.
- ♥ To connect with Swami in others by saying 'Sai Ram' every time someone says my name.

"My goal is to reach Swami's feet by doing Namasmarana."



You should cultivate an attitude of inseparable attachment to the Lord, who is your very self. If He is a flower, you should feel yourself as a bee that sucks its honey. If He is a tree, you must be a creeper that clings to it. If He is a cliff, then feel that you are a cascade running over it. If He is the sky, be the tiny star that twinkles in it. Above all, be conscious of the truth that you and He are bound by the Supreme Love. If you feel this acutely with subtle intelligence, then the journey will be quick and the goal can be achieved.

Sai Inspires 22nd November 2008

