



ALL WORK IS MY WORK – BABA

SWAMI SAYS

See God in every one you meet; see God in everything you perceive. His Mystery is immanent in all that is material and non-material. The Universe is permeated by the Divine, it is an expression of His Mystery! Dip into the springs of joy within you and progress; do not stand still or recede. Every minute must mark a step forward. Rejoice that it is given to you to recognise God in all and welcome all chances to sing His Glory, to hear His miraculous stories, to share His presence with others. (Thought for the Day 21.11.06)

Monitoring Yourself

Last week I had trouble monitoring. I thought that when I start working, I won't be able to write things down because I will be standing up all day. I've begun monitoring mentally. Because I have been at home most of the week alone, I practiced love at home. I've always had bhajans on when I am alone at home, but to accustom myself to work conditions I did all my work in silence this week. In my head I would monitor myself, catching my thoughts. I challenged myself in how long I could say "I love you, Swami!" This way I could catch my mind wandering. ♥

Swami, I'm not being productive?

L@W to me means productivity at work. Since the start, I've been writing down everything I did. I've noticed my own to-do list isn't getting done because I'm answering my bosses questions. I was being disturbed by other colleagues coming to see a demolition outside my office window. Every time I looked at my watch I realised that it was another hour of another day gone. I was getting annoyed with myself. But later my boss comes and tells me "Looks like the whole day has gone, and I've just done half an hour's work!" I felt the same! Swami was telling me that it's all good. He knows I'm trying. ♥

Swami Knows, Swami Knows...

Swami knows how to get better results for my clients! I lost a candidate to another job this week. I was stunned. My boss called me to the boardroom. I was initially scared – I started calling Swami (because the boardroom usually means bad news!!) My boss said when this happens you have to be 110% focused and give it your best. It was Swami giving me all these tips on how I could have done better. Later in the week I was able to apply my new knowledge. My boss took me again to the boardroom and gave me more advice. I applied this new knowledge, and my candidates got finalized in a week - all because Swami trained me in the boardroom! ♥

Love Under Pressure

Situation 1: The father of a patient was angry that health professionals would not come to him and his son but he had to go to them. I explained I had done everything I possibly could for him and his son. It was hard not to be angry at this person. I was not as loving as I could have been. What should I do?

Situation 2: I was being hounded by a client to complete a contract that was not a high priority according to our company protocol. I had to tell him that but felt bad and just did it anyway. Was I wrong?

Group Response: You need to be satisfied that you have done everything in your capacity. **Bend your back until it hurts, not until it breaks. Once it breaks you cannot serve.** You should explain to them what you have done and ask them what more they want you to do. After that – surrender to Swami! ♥



Swami knows we are L@W-yers! My work colleague (who is not a Sai Devotee), came to Swami's Birthday on Thursday and saw our presentation on L@W. The next morning she saw me at work and walked into my clinic saying "I know your secret!" I was stunned. "Your secret is Love in work!" At first I didn't understand what she was saying. "That is why you are always so loving at work. You never get angry and you are always smiling. Don't think I am not watching you..." It may have been my colleague, but it was really Swami saying He notices every effort that we put in. **He knows our secret!** ♥



Swami, it's easy to do L@W when there's good stuff or bad stuff. But middle stuff is more difficult! I realise that if I turn things into a positive it's easier to practice L@W. By me not getting the work car, I shouldn't have been unloving to the person that took it, but should have thought earlier, that it was good exercise for me to do the walking. ♥

"I am very much involved in business. But I firmly believe that success in the business environment is not a product of what you do but a product of what you are - and a product of what you are a product of WATCH [words, actions, thought, character and heart] and Be Happy. I believe in treating my employees like a family. But even a father has a duty at times to be stern, to make decisions, to make corrections. So if one was to reward production and punish non-production, wouldn't he be a good father? The business of business and the business of life are one. Success has nothing to do with how you strategize. Success is like air. You can breathe it in. I don't believe in recessions and depressions - unless they are in your mind. If you approach life in the manner of instructions you receive here (from Swami), in their absolute simplicity, then I firmly believe that every listener will reach the highest possible destiny." **James Sinclair: H2H Mar 2005;3(3)**

I did my best, but they haven't been truthful to me.

What should I do, Swami?

Situation: I was doing work for a client, whom I thought was honest with me. Later, information came to light that he wasn't being truthful. I was disappointed because I believed him and I didn't know what to do. I thought "what can I do for you whe, you cannot help yourself?"

Group Response: You cannot judge anyone. You can only continue to do your best. You cannot stop doing your duty. It does not matter whether the person changes their story or their character – you just have to keep doing your duty. **You must do your duty, whatever it is, regardless of the situation. "Work is Worship. Duty is God" ♥**

Future of L@W... Love all the time!

I was out at a conference all week at a wilderness site in Sydney all week. I was given the opportunity to practice L@W for 24 hours a day! It was different to a normal work week because I didn't have the thinking time, planning time, delivering time, quiet time that I was used to. **This week, Swami taught me that work is not separate from life – it is all interconnected.** I learnt that I could draw upon silence and meditation even when the world around me is really chaotic. Also, when silence is practiced, people naturally followed suit. ♥

Why fear? Swami is here!

I was tested this week, when I was told by a colleague that they would not be going to England next year. They said that I may have to give up my job so she would not be jobless next year. My initial response was that I was perturbed. But I consoled myself that I had to have faith and whatever happened was meant to happen - it was all part of his play. I tried to give love to her despite what she had told me - but it was difficult. As I think about it, I realize, why should I worry? Swami has the whole universe in this hands and any job I have is only His grace. So it will only be His wish to change it. ♥