

SELF REFLECTION: MY ONE-ON-ONE TIME WITH SWAMI



♥ When I'm doing my nightly self-reflection, I don't know if I feel Swami's presence or not, whether I am tuned into His frequency... When I get a feeling of goodness as I reflect I think my mind is just having a good time. But in saying that I know that Swami is always there. Sometimes I feel an eagerness to do more and more for Him. A lot of the time when I'm writing I'm expecting an answer. When I write, I write as though I am talking to Him, as a form of conversation.

♥ I felt Swami during my self reflection this week. I self reflect by imagining that He is sitting on the bed with me and talking to me. Sometimes, I close my eyes during this conversation.

♥ When I self-reflect, I feel He knows everything so I just write, 'Thank You for coming to me through this person.' I do this for everyone I meet. I also write a prayer, I put in quotes and thank Him for everything. I usually end up writing two and a half pages. My experiences have been amazing and I really look forward to self reflecting. I make sure that before I get to bed, no matter how late it is, that I write something about the people at work, for at least 15 minutes. I say, 'Swami, please help me out.' You can't ignore the fact that when you ask Him to help you just feel Him. Once you start reflecting you find that you can't stop doing it.

SELF-MONITORING: MY EXPERIENCES WITH SWAMI



♥ My action is to note down in my small diary everything that has helped me to connect to Swami during the day. It was a very good week. I was feeling Swami most of the time. When I noted down that I saw Swami in a tree, I would take a few minutes and really feel it. I was also feeling Him during my self-reflections.

♥ The best part of my self-monitoring is when I am able to write down 'Yes, I've seen Swami within that person or in the people around me. I have recognised Swami'. I feel Him most when

I'm doing this because that's when He comes into my day, intensely. I feel Him not only in the act of recognising Him around me but also when I'm reflecting on these moments. It's a beautiful thing and I know it will take me much closer to Him even though it's challenging to do.

♥ I experienced Swami while doing my L@W action this week. Monday morning and this morning was the best. I do Namasmarana while commuting to work. On these mornings it wasn't sustained for the whole trip but it was for a few moments. I began to see everything clearly; the world seemed as is, without me judging anything. It felt good.

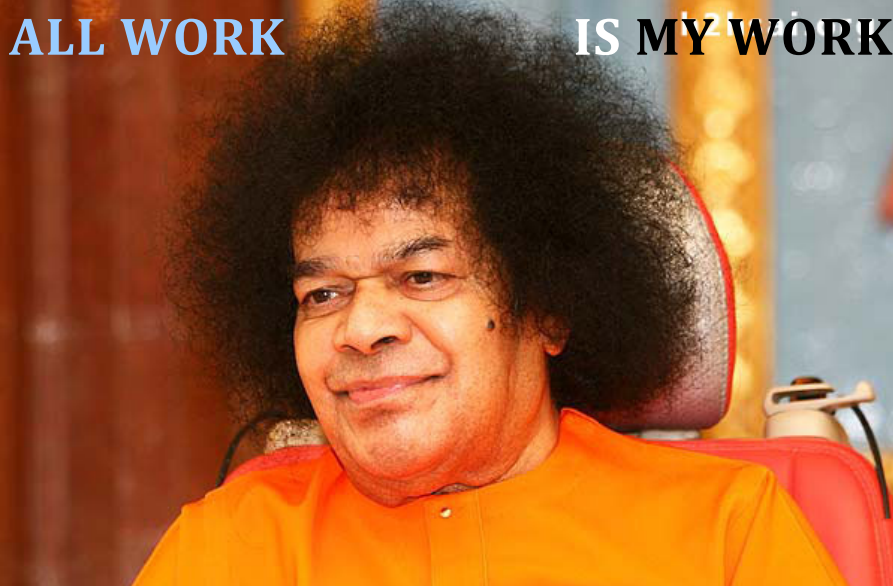
?Quandary corner?

My team members have acted unfairly towards me leading to me getting less marks than them on a group assignment at uni. I pleaded to Swami, 'Swami, where have I gone wrong? I have been speaking the truth.' I don't what else to do...

A: Talk to your tutor and explain everything. Tutors will always try their best to help students in difficulties; they try to give you the most marks they can. I know — I am a uni tutor.

I know Swami is here and whatever has to happen will happen and I know that he won't leave me. He knows that I've been really working on it and did my best.

ALL WORK



IS MY WORK

I HAD ONLY TO TAKE ONE STEP TOWARDS HIM..

My three goals at work are: to learn more about my job; to learn a bit more about my colleagues so I can understand them better; and to understand how my workplace operates. Each day I have been reminding myself of this and taking time out at work to write down anything to do with achieving these goals. Because I have this extreme desire to excel at work, Swami has really given me a lot of work. I applied for an extra position at work. Not only did Swami give me that position but He also gave me the opportunity to work with another system. After I completed my work, my boss said to me, 'You've done really well, but you can do better'. So she allocated time for me to learn about the other system. It has really lifted the bar for me to be able to work in different areas and have a good understanding of each, to try to be the best that I can be so that I can help my colleagues at work. I've started to understand my colleagues really well now. I've had people come up to me and say that I've done really well and that they've heard others say I've done really well. It has been motivating to hear this as it means I am on the right track to achieving my goals.



I AM BUT AN INSTRUMENT IN HIS HANDS

I feel that every action is driven by Him. Whenever I make a decision, I say to Swami, 'If this is what You will, then You are going to be with me through it.' I think that whatever the outcome is, it will be for my own good. I take it as an experience for my own welfare. My approach is to remain equanimous whatever the result. I am only an instrument.

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WHEN MY HEART MELTS, I KNOW IT'S YOU

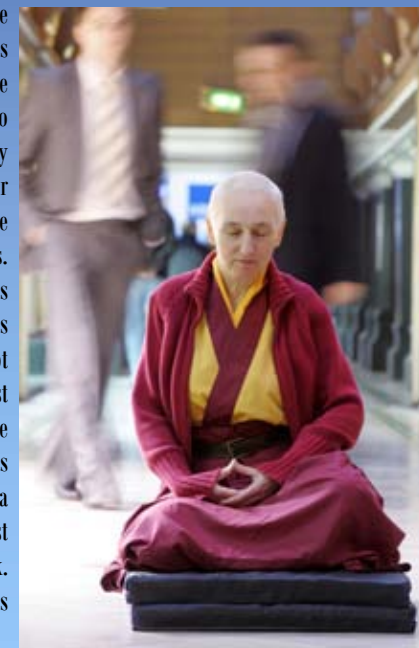
I was about to go to lunch when I saw an old couple probably in their '70s sitting in the waiting room. It was freezing cold and these two were fully rugged up with beanies, gloves, scarves, cardigans... They looked frail and thin. For some reason I stopped and observed them from a distance. The old lady removed her gloves and from her bag took out a budget-brand soft drink carton. She began to take the plastic straw out of its sleeve. For a moment, I was moved to help her but something stopped me. With her cold fingers, she released the straw from its sleeve, slid the straw into the carton and handed it to her husband. He held it with both hands and sipped it. And for some reason, I don't know why, this scene just melted my heart and moistened my eyes.



L@W Tip: During the day I have to make 5-10 phone calls. Before I make each call I say, "Sairam Sairam". I also do this when I am about to send an email, just before I click the 'Send' button.

MY CLIENT, MY TEACHER, THE NUN

This week, knowing this was the last time I'd be taking a clinic, I really made the effort to put in as much conviction as I could into reflecting on the quote 'Your service to Me is My Padanamaskar to you'. My last client was a nun. Part of her therapy was to do 10 minutes of meditation daily. Her homework was to monitor her meditation. During the last meeting, she spoke about watching her thoughts. For a while, it felt like we were just talking as friends. Earlier, I could not get a clear idea if she was achieving her goals because her English was not good. However, during that last session, I was just bowled over by how much effort and pro-activity she had taken in self-monitoring her actions. It was humbling and I really felt like I was sitting in a meditation class in front of Swami. This was the most outstanding connection with Swami I had this week. By the end of the session, I felt really happy. It was inspiring.



It is conduct that is most important for every person. Conduct is determined by the state of the mind. Instead of giving way to the prompting of the senses each act should be done as an offering to the Divine...