



'Even if a person is walking past you, you can still inject an element of Swami into that person.'

A L@W conversation: Seeing Swami in all.

'If I were to take up a sadhana to see Swami in people, then I feel that I can't have that feeling only once a day, in one person. It has to be constant; in every person I see or meet.'

'Is it really in our hands to feel Swami's presence anyway? Isn't it totally up to Sai to grace us with that feeling?'

'You can condition yourself to trigger a feeling of His presence. Even when you are walking past someone you can do something to experience Swami through that person.'

'Suppose you are struggling with a particular task at work, and if a colleague comes along and offers to help you, is that not Sai Himself coming to help you? Thus, you can have the feeling of Sai's presence.'

'Even if I don't say 'hello' to a person, it doesn't matter. For me, the divine connection comes during an act of service – whether by me or towards me.'

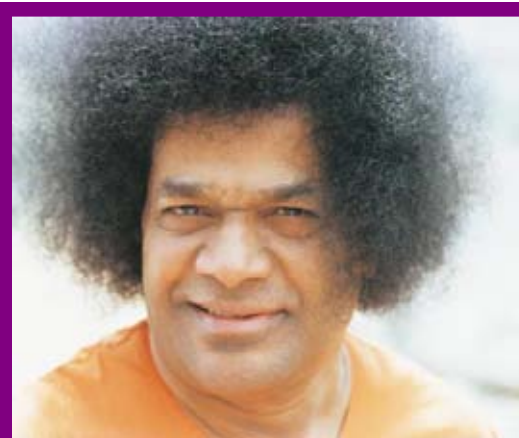
'Interaction is good but it doesn't mean that if you don't have interaction you can't have a divine connection. You have to be mindful of the moment.'

'Even if you were to see Swami in 'Parthi, you may not have the chance to interact directly with Him. But does that stop you from loving Him? So if you see a person, you don't have to talk to them to see Swami in them. Just know that Swami is in them.'

'When we see a person, we will have the urge to see Swami in him or her. The first time you meet him or her you may see Swami and rest of the time it may not be that intense. So why is it that you see Swami once and not for rest of the day? The feeling of Swami should be a continuous thing; whether I see him or not, talk or not, or I don't see him forever, if the feeling is there then it should be there all the time.'

♥ As I get ready for work in the morning, I try to tie Swami to mundane activities. As I brush my teeth, I repeat Om Sai Ram with every swirl of the toothbrush. As I shave, I repeat Om Sai Ram with every stroke of the blade. As I brush my hair I repeat Om Sai Ram. When I finish I look in the mirror and say: "Swami, this is what You look like today. This is You." You and I are no different from Sathya Sai.

♥ My L@W action is to see Swami within myself. After I interact with someone, I don't ask myself if I saw Swami in that person. Rather, I ask: Did I see Swami in myself during that interaction?



Do not pray to God for wealth, fame, positions of power or even for the fruits of your actions. The genuine seeker will pray for nothing else than God. This longing will fill all the acts he does in a day. Every wave of emotion, every tune of song and every beat of pulse will respond only to that wish. God is the basis on which this creation rests. The deepest yearning should be to experience that One, the basis, the Being, that has become. Be aware of the One, which manifests as many.
Sai Inspires 12.06.09

Put it in writing!

♥ Talking to Swami about your day is a good form of self-reflection. No doubt. But after one week would you remember what you spoke to Swami about? It's not the problem you want to remember but how Sai helped you overcome it and how you experienced Him during the day. On the other hand, when you write to Him in your diary, you can read about the problem you had and how He came to you and helped solve it – even six months down the line.

♥ During self-reflection, if you write to Him rather than merely talking, you will not be tempted to slip into sleep.

♥ I use a diary for my self-monitoring. It has a picture of Swami on it. I don't do self monitor every hour. I may do it in blocks of two or three hours. Say I wake up at 9am and I study from 9am to noon, then I see how I have been focusing on Swami at noon and record this. Then I may monitor again for the 1pm to 3pm block. So it is not a constant schedule. At night, if I want to speak to my parents on Skype then I feel tired easily, but afterwards I still feel like self-monitoring.

Bad habits go with thoughts of Swami.

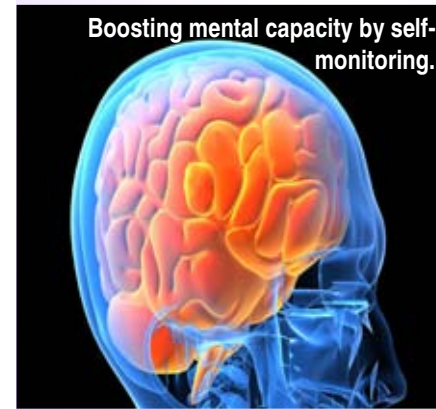
'Last time I went to Prashanthi', while waiting for morning darshan, some people in the Sai Kulwant hall started saying that Swami had stopped coming for morning darshan. I desperately wanted Swami to come for darshan as I was going to be in Prashanthi for a short time only. An idea came to entice Swami out that morning: I told Swami that I would stop my habit of biting my nails if He would come out to give me darshan. The very next moment He came out for darshan! He smiled at me and gave me blessings. I don't bite my nails anymore. Whenever my fingers go towards my mouth and I feel tempted to bite, I immediately think of Swami and stop!'



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Back to basics.

'During the last couple of weeks I was getting perfect scores on my self-monitoring tool. I thought I was making great strides in seeing Swami in my workplace. So how come I wasn't feeling fulfilled? Why the sense of emptiness despite beautiful score sheets? Then it hit me. I was so focused on having the best interaction with people that I had neglected the space between interactions, when I was alone. Those spaces used to be filled with Namasmarana before I became so obsessed with The Perfect Score. So I started doing Namasmarana again between perfecting personal interactions and soon I was walking on air again. So a good score sheet has as much to teach you as a bad score sheet. Analysing your own performance is the best thing that you can do for yourself.'



Boosting mental capacity by self-monitoring.

'It's been very good since I started self-monitoring at work. I thought I wouldn't find the time to do it but I have managed to do it. Ever since I started, I am more alert and attentive to even tiny details at work. I am recording even little things that I learn so that I can look back at them and learn from them. I feel that I have become more alert and focused. This is boosting my memory power and helping me to learn better. Self monitoring is proving to be very, very helpful to me.'

The potency of His name.

'My self-monitoring task is to write 'Om Sai Ram' every hour. This week, I took my own sweet time to write each word: Om, Sai, and Ram. And each time, as I wrote more and more slowly, I realised how potent each word was. I'm beginning to understand that these three words are not just like when you say 'Sairam' when you greet someone, usually in an offhand manner. These words are so very powerful. So I kept thinking of Swami's darshan as I wrote Om Sai Ram each time. It's been really good this week. I write 6-7 Om Sai Rams in one line. I think of Him quite intensely now for about 3 out of the 6. I'm realising that I should not take those three words lightly.'



If you offer all your work and the fruits thereof to God, your work will be transformed into worship.

~ Baba