



**THE LITTLE THINGS IN LIFE ...**

‘One of the nurses had a car accident with her car written off. I asked the Charge Nurse to wish her well for me. She returned to work last week and was the first person I ran into that morning. She stopped, said thank you and then she hugged me - in front of everyone at the clinic! I had done a very small thing (wish her well) but it had obviously meant a lot to her. That night I wrote in my self-reflection diary that small actions have huge implications.

- ♥ The customer was getting very nasty towards me. I thought “Swami please make this right for me! I’m feeling upset and so is the customer.” One part of me wanted to deal with her quickly and to get her out of the store. I started, instead, to fill out the form she needed. She changed completely! And she even said thank you.
- ♥ If I am facing something insurmountable, I try and break it down into manageable chunks. I try to use my mind in the best possible way. Once I have finished, I look at the photo of Swami beside my desk and thank Him for giving me the solution. The problem was given by Him and solved by Him.

**SURRENDER – THE SECRET TO SUCCESS**

- ♥ I did my self-monitoring during my lab exam, drawing a heart every time I surrendered my actions. The micro-photography equipment can be quite unreliable and already the photos of 5 students hadn’t turned out well. I drew my heart after I photographed my experiment and left it to Swami. It turned out to be a perfect photo!
- ♥ On Thursday I was so upset that I wrote a letter to Swami at work. Even though I was upset, it felt really good to write to Him, because it was just Him and I. I really felt His presence. I am going to replace each negative thought with thoughts of God and surrender.



- ♥ During the day I spend most of my time studying, from 8am to 6pm. Since I am not doing many activities during the day, I cannot do many L@W actions. So I write “I surrender to You”, before I start studying and at the end of the day I reflect.

**‘...by talking with good people you get a different perspective.’**

The comments contained in this publication have been edited from personal contributions. Photos are from Microsoft Clipart. Thank you, [www.nationalgeographic.com](http://www.nationalgeographic.com) for the photo of the polar bears and [www.sharewareconnection.com](http://www.sharewareconnection.com) for the clock graphic. The content does not express nor implies the views of the Sathya Sai Organisation of Australia & PNG. Please address contributions/comments/enquiries to [loveatwork@gmail.com](mailto:loveatwork@gmail.com).

# ALL WORK IS MY WORK

**TIME ONLY FOR YOU**

- ♥ The challenge has been to self-monitor after every patient. When seconds or minutes pass and I do not think of God, I feel a distance. To overcome this, I stop and give myself time to think of Him and I write the patient’s name in capital letters. This small step helps me to connect to Him.
- ♥ To write thoughts down during the day is a bit hard for me, so I decided to touch base with Swami at lunch time.
- ♥ When I am writing *Om Sai Ram*, I am thinking I have to do this or that, and before I know it my time to touch base with Swami has finished. I am trying to keep whatever tasks I have aside and focus only on Swami every hour. And it’s worked, the focussing has worked.



***‘I am going to offer my self-monitoring book to Swami: I don’t want even one Sai Ram to be written without feeling.’***

**END THE DAY WITH GOD**

- ♥ I have been taking my self-monitoring sheet back home in the evening. I want to tell Swami how I have gone and I give myself a score abased on my honest self-assessment. I then tell Him how I can improve for the next day.
- ♥ If I miss one night of reflection, a whole bunch of complaints goes into the next day’s entry! If something goes wrong through the day, I have to write it to Swami so it doesn’t turn bad again. It helps to prevent negative thoughts. As soon as any harmful trigger happens, the mind diverts the negative thoughts away.
- ♥ I had a pretty tough week but I am making myself reflect. One day I might write a whole page and the next day only ten words. But I am telling Swami everything and I keep going back to this every night.
- ♥ When I am tempted to sleep before self-reflecting I ask myself, “Is sleep more important or is Swami?” So I have been consistent with my nightly reflection.

‘I have been doing my self-reflection every night. Spending half an hour before I go to bed is really helping me. I wrote a letter to Swami and made the commitment that I want to be more and more pure for when I see Swami in person. I wrote, “Not even a blade of grass moves without Your will and by Your grace even an ordinary man can jump over a mountain.” My Sadhana plan can only work with His will.’

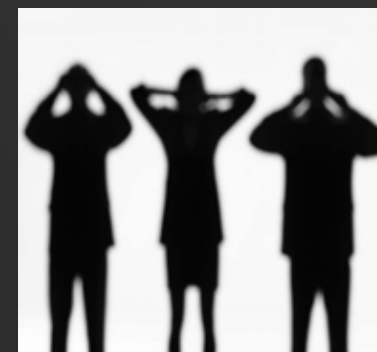


***‘I am going to replace each negative thought with thoughts of God and surrender.’***

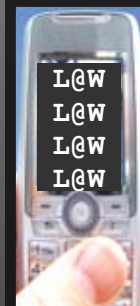
**L@W TIPS: SPEAK NO EVIL**

Whether it’s frustration at their actions, envy or old grudges, we sometimes slip into back-biting – then feel rotten afterwards! Here are what L@Wers suggest to overcome this behaviour...

- #1 Try to see God in that person and think, “Oh! I’m talking ill of Swami!” It’s best to think of everyone as God and not just as somebody you happen to meet.
- #2 The best thing is to stay silent at that point even when the mind is urging you to get into it. ♥ If I feel upset about something or someone, then the only person I talk to is Swami. After I am silent, I talk to Him because I won’t be judged and I will not be hurting anyone. ♥ Instead of getting into the gossip conversation, I try to be silent – neither positive or negative, just neutral.
- #3 Sometimes by talking with good people you get a different perspective. It is good to discuss problems but take care that it doesn’t become too negative as you will get drawn into further negativity.



**SWITCHING ON LOVE@WORK**



- ♥ The screen saver on my mobile phone is about L@W. When my alarm rings, I am reminded to practice Love@Work.
- ♥ Every time I turn on the button to start the machine at work, I say the Gayatri Mantra while holding the button.
- ♥ I am trying my best to remember God by doing Namasmara. If somebody comes in front of me I am trying to see God in them.

**LOVE PEOPLE**

- ♥ Something happened at work and I got into a very foul and angry mood. Later, my boss and I were talking. She said that her goal for today was to be nice to everyone she met. I was being reminded by someone who was not even doing Love@Work how to do Love@Work!
- ♥ I can counteract my negative thoughts by thinking of something nice about another person.
- ♥ My stimulus for Love@Work is people. I can easily see God in them. As they move about, it reminds me of God.

*Recognize this truth. God is in all. When you hate another, you hate the Lord. When you hate the Lord, you hate yourself. When you inflict pain on another name.... Remember that the other is yourself, in another form with another name.... Envy causes pain on those who are envied. When another’s fortune is green, why should your eyes be red? Why get wild when another eats his fill?... Give up this vice of envy. Be happy when another is happy.*