

ALL WORK IS MY WORK

THE HAND OF GOD

♥ My L@W action is to learn as much as I can to become a good nurse and help my colleagues. I write what I learn at work on a monitoring sheet. This week there was an interesting surgical case that I hoped to be assisting but I hadn't been allocated. On the day of the surgery, I was told that I would be assisting. It was such a great opportunity to learn and I was thrilled. I introduced myself to the surgeon and tried to absorb as much as I could during the procedure. At the end of the case the surgeon made it a point to tell me that I did really well for my first time. Even my boss complimented me on how confident I had become. I really felt like it was Swami supporting me in my L@W action.



♥ Yesterday I was upset and this morning I woke up still feeling negative. I prayed to God to keep my mind occupied by keeping me busy at work. It was Friday and I was meant to finish at 4:30pm but God kept giving me work until 6.30pm – It made me happy. Even if you make a small prayer to Him, no matter what state of mind you are in, He listens and responds.

‘If you put in a small amount of effort to connect to Him, He will turn sky to earth and earth to sky to help you.’

♥ I have been reading the Mahabaratha and trying to implement its teachings. At one point, Yudhisthira does not think of God and loses everything in a game. The moral of the story for me was that I should think of God before I do each action. This week I had to audit a tough client. I remembered to think of God before I started work. Things worked out better than I expected.

‘My L@W action is to repeat the name of the Lord and try to see God in everything. At uni this week I was feeling nervous before a presentation that I had to make. As I was heading to the lecture I met two of my lecturers in the lift. Everyone in the lift was attracted to the Swami pendant on my necklace and asked who He was. It was like Swami was reminding me that He was with me. Before we went into the lecture hall, I imagined God was in everyone. ***I imagined a light within each person.*** I could feel Swami giving me strength and was no longer nervous. At the end of the presentation my supervisor complimented me, “Wow, haven't you grown as a presenter!”’



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IS THAT YOU, MY BELOVED?

‘I was in a rush after work, walking hurriedly to buy some tickets when I noticed an old lady looking at me at the traffic light. She beckoned to me. She was about the same size as Swami, she asked if I could help her to cross the road. When I held her hand, I really felt like it was Swami's, it was so soft and gentle. I told her I could walk her all the way home. When we got near her house, she said she could go the rest of the way by herself. When she left I kept looking back thinking “Swami, is that You?” I really felt He had actually come to see me and then disappeared.’

‘I had a patient this week, a little old lady, the same age and similar size to Swami. We were preparing to perform a procedure and she kept asking if we were okay and if we had everything we needed. At one point, I was walking around the operating table and knocked my knee accidentally. She looked up from her lying position: “Son, are you okay? Do you want to sit down? Can I get you something?” Afterwards, I thought isn't that just like Swami? His physical body may appear limited but He is still thinking of us.

‘I tried to strategise, scheme and think of how I can maximise my chances of catching hold of God during the day. Some of the things I have tried have worked. It's quite a thrill - to catch God!’

DRIVING TOWARDS GOD

♥ I usually do Namasmara in the car by listening to bhajans as I drive to work. The bhajans stay with me even while I am at work – when I am doing the vacuum cleaning, I sing them softly. God is everywhere and you cannot help but feel His Presence.

♥ I have listening to a CD of the dialogue between Krishna and Arjuna as I drive, over and over again. Although I haven't been physically chanting His Name, whenever I listen to this it feels as though the person talking as Krishna is actually the Lord speaking directly to me. He says things in such a way that I can relate to them. It is amazing!



‘I start off the day thinking about Him. When I wake up I remember God and then the rest of the day seems to flow better.’

NO WEAK LINK

‘A week ago I read in Sai Inspires that when you do Namasmara, each time you repeat His Name it should be uttered with feeling and love. Swami said that the Name you utter is like links in a chain - if you have weak links then the chain may break at any time so make each link strong **with love**. That really struck me and that's what I'm trying to do with my L@W action. With every “Sai Ram” that I write each hour I have been trying to focus on putting more love into it and to not rush through writing His Name.’



SOWING THE SEEDS OF GOODNESS



‘I am focusing on not speaking ill of others at work. Since I have made this resolve, God has been testing me every day. I spoke to my staff about not discussing the negative situations arising at work. Early this week something negative happened again and I was tempted to talk about it but one of my staff reminded me that we agreed not to talk about anything negative this week. It was like God reminding me of my good intentions. Each day I keep getting a message in *Sai Inspires* about watching my thoughts and not giving in to slander. God is really trying to help me with my action.’

A HIGHER ORDER

♥ I really felt God's presence on Sunday when we went to help at the Sai School. There was so much work to be done and there were so many people who were there to help, each of them making their small individual contributions. It was amazing that the work was finished so quickly. It definitely felt like there was a higher order controlling the process.

Cast away the vice of egoism, the evil of greed and the poison of envy. When you seek joy from something outside you, remember that a joy far greater lies in wait within your own inner consciousness. When you are afraid of someone or something outside you, remind yourself that the fear is born, fed and fertilized in your mind, and that you can overcome it by denying it. Faith in the Almighty God is the impregnable armour that the aspirant can wear... Be steady, do not waver, keep straight on, hold fast to the ideal without despair. .