



♥ During this week there have been times when things have been happening around me and I have felt this warm glow within myself - that the God within is very happy. This is just an example of the reflection and resound that Swami speaks of. What can I do to have this response within more frequently? Ninety-nine percent of this feeling is due to God's grace which is out of my control. I need to concentrate on the 1% that is due to what I'm doing. I found that the times that I've not had this feeling is when I didn't take the time to think of God. The moment I slow down and think of Swami, I get the response from within.



SMILE FROM THE HEART

My action is to say 'Sai Ram' whenever I hear someone say my name. I have been using this action to connect to Swami, now I want to connect with and love the person who is calling my name. I do this by smiling genuinely at them.

FAITH IN HIM

I began feeling very attached to getting a particular outcome in a situation that arose this week. I have to remember that He has given me everything. The work and the skill, all of it is from Him. I should not have this attachment. I have always gone ahead with whatever my parents have said- I have blind faith in them. I need to have that same faith in God.

Whatever Sai does, whatever Sai thinks, whatever Sai says and whatever Sai observes is all for your sake, not for Sai's sake. My only desire is your Ananda. Your Ananda is My Ananda. I have no Ananda apart from yours.

~ Baba

MY 'NO WORRIES' BASKET

♥ My action is doing Namasmarana so that I can remember God more often. My challenge is to substitute negative thoughts with positive ones. I have a mental 'no worries' basket. I want to stop thinking of negative thoughts when I've put it in this basket. I have to divert my thoughts. If I am doing Namasmarana, then I can keep all negative thoughts away.

'All our thoughts transform into action, so it is best to offer our thoughts to God. By offering our thoughts to God, we are allowing Him to deal with them.'



"When we connect to God with our L@W action we should do it 100% - with a heart full of love."

THE SIMPLE PATH TO GOD

'I hope to pick a simple action to help me connect to God.'



'My challenge is that my L@W action is complicated, it's not something that I can do regularly every day. Karma yoga (doing my duty but detaching from the results) is a big concept for me at present but I still want to do it.'

WHERE ARE YOU, MY BELOVED GOD?

♥ One of the biggest challenges I face is expectation. I do my L@W action in the hope that something good will happen. I get a feeling of closeness with God once in a while but I don't know how real it is. Whether it is something made up by my mind or whether it's an actual connection, I don't know. There are certain times when I feel fulfilled and content, when I feel I don't need anything else and even if the next breath doesn't come it doesn't matter. But this feeling comes very rarely and it lasts for a fleeting time. The hope of keeping that feeling constant is what drives me to do my action.

♥ Sometimes, I would wonder, 'Why isn't my heart melting?' In those times I would walk home at the end of the day and repeat 'Swami, where are you? What do I have to do to feel your presence?' I have been doing my Love@Work action on a regular basis and have found that when you do this He responds.



The Lord is closest to you. He is the Mother, Father, Teacher, Friend, Guide and Guardian. Call on Him and He responds immediately. From dawn to dusk, spend every minute in His company.

~ Baba

Yearn to fill your heart with Him, not with you. Your yearning must be warm, so warm that it can be called "Thapas" (Heat). Become hot (earnest). Now it is only a lukewarm longing, a surface activity. Examine yourselves how far you have filled your heart within. Measure the heights you have reached with the yardstick of virtue, serenity, fortitude and equanimity.

~ Baba



♥ My action is to touch base with Swami every hour through writing Namasmarana. I'm doing it constantly and it feels really nice. It's a great tool given to me to grow into Sai. I am already putting in more effort. I don't want even one weak link in the chain of Namasmarana that I am writing.

"Swami has given us the ability to Love infinitely, so why shouldn't we use it? We should keep giving love more and more."

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