

I Dedicate My All To You, My Lord



♥ It is mentioned in the Bhagavad Gita that people who are busy to offer whatever they do to the Lord. Before you start an action say, "Lord I dedicate this to You". Or whenever you change an action – say, before you go into a meeting, before you get on phone - just offer it to Him.

♥ I offer my exams to Him. I feel I have done the hard work of studying and now everything is in His hands. Whenever I play cricket I say, "Swami it is Yours" and I have seen that it helps me in the game.

♥ My action is to practice detachment from the results of my action. I try to see every outcome as being good for me. The results are what He has chosen and given. I try not to dwell on the results but always try to take a lesson out of what He gives. I self-reflect and try to see what is the life message I can get out of the outcome.

♥ My L@W action is to surrender the results of each action to Swami. I find if I don't do my action, I feel quite lost. I find I get stressed and attached to my work if I don't first offer it to Swami.

I Know Your Love Is Just For Me

♥ I had two minutes to go before I needed to do my L@W action of touching base with God by writing His name in my diary on the hour. Then I thought, here I am waiting to touch-base with You and there You are, God, waiting for me to do this. How can I make you wait? I immediately started to write His Name and the love that filled me was just amazing.

♥ When I do my L@W action internally it gives me happiness. No one notices that I am doing my action but I feel that I have something special and am doing something unique. I see it is a blessing of Swami that I know Him.



Strive - that is your duty. Yearn, that is your task. Struggle, that is your assignment. If only you do these, sincerely and steadily, God cannot keep back for long the reward of realization. The river strives, yearns and struggles to merge with the sea from which it came... You too must utilize all the physical, mental, intellectual, moral and material endowments that God has granted you so that you may journey to the goal of Realization.~ Baba, Sai Inspires 17th July 2009

ALL WORK IS MY WORK

Scoring The Goal Of Life Using L@W

"My purpose of doing Namasmarana is to fulfill the goal of this life which is to realise I am God."

♥ My goal is to develop a sound character and have unity in thought word and deed. I feel I am definitely progressing with this action. I feel part of it has to do with coming to the L@W meetings.

♥ My long term goal is to become one with God. To achieve this I am doing Namasmarana each time someone calls my name. I have found that my relationships at uni and at work have improved from practising this action.



♥ My Namasmarana has really helped me. I used to be quick to judge people but now my Namasmarana is making me more aware of what I am thinking. I find my negative thoughts are decreasing.

♥ When I do my nightly reflection I ask myself, 'Did I do something useful today other than just fill my stomach?' My reflection is helping me achieve my goal of seeing my job as something that I am doing for God.

"If I am in the constant presence of Sai then all I see and think is Sai. Then there is no negativity. I should become a better person and ultimately be Sai Himself."

"I always feel that my Love for God is not enough. I need to love Him more and more."

Putting A Smile On His Face

When I wrote my L@W goal initially I wrote "to realise I am Sai". I took out the word "I" and I just had "Sai". I refined my goal to placing "a smile on Swami's face". When I think of this goal, I immediately do things that I think will please Swami, that will please my Self.

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My Patient, My Sai



♥ My action is to project Swami's image on my patients. Some of my patients are terminally ill. I think, as they get closer to the end of their life, because they are going back to God, you can see God in them. The challenge for me is to remember to do this always. once one remembers this, it is easy to see God.

"I am finding that when I look at the faces of certain patients, I feel 'this is Me. I look like this, I smell like this, I move like this, I occupy space in this way.' Every now and then this feeling arises spontaneously."

God – My Best Friend



♥ When my friends are with me I make every effort to include them in the things I am doing – if I am going for a walk I take them with me; if I am eating, I make sure they join me... God is always with me but I don't always think to include Him in my activities. It's so rude of me! It's by doing Namasmarana that I am remembering God and including Him more often in my day.

♥ By considering Swami as my close friend I feel He is within me and in others. It is helping me love Him. I try to remember when I see someone that this person is also Swami.