

# ALL IS MY WORK

## CONNECTION - LOVE AT WORK IN ACTION

Sometimes my work can get monotonous but when I stop and surrender by drawing hearts it breaks the monotony. If I start to feel bored at work I know that it is time to draw my love hearts and connect to Swami again. Joy comes from this self monitoring – from drawing my hearts.



### SEE GOD IN ALL

First I give love to my patients and interact positively, and then my mind opens up. Things just seem to fall into place. So doing this action of seeing Swami in the patients has given me the confidence to dispel all the negative emotions that used to be there.

‘I put a small picture of His feet in my drawer so that it gives me a chance to connect to Him every time I open the draw and look at it’



## GOD'S OMNIPRESENCE

- ♥ I was feeling quite stressed with my studies so I decided to practise music. I was singing one of my favourite devotional songs and I felt a presence of someone else in the room, I could feel the vibrations inside myself. I felt that someone was there sitting right beside me. He is here.
- ♥ I think of Rama when I write to Him every hour. I imagine Him standing beside me. I write Om Sai Ram and picture Him so that I write His name faithfully.
- ♥ When I get to work I turn my computer on. It takes a while to start up so while waiting I just close my eyes and focus. When I do this I really feel that He's within and He's the one that's sitting beside me. That puts to ease any feeling of inadequacy.

## LOVE ALL, SERVE ALL

One of the graduates who I was working with had an interview he had to attend. We had strict deadlines to meet and I was concerned about not meeting them but I allowed him time to prepare for the interview and gave him some tips. After the interview he came to me and thanked me for the tips as they helped him to answer questions. I felt happy and glad that I didn't let my stress over our workload stop me from helping him.

## COME CLOSER

I had a dream. The youth were sitting in front of Swami. We formed a semi-circle around Swami in His chair. He said, “Come closer.” I remember thinking, but we're already so close! I woke up thinking; I have to move closer to Him.

‘Remembrance of God takes away those things that hold you back, like fear and negative emotions.’



### “I'LL PASS IT ON”

- ♥ I had to solve a technical issue at work. I said to Swami it would be good if I could complete this work tonight –it's up to You. The problem was solved that night and I told my colleagues, I didn't actually solve this myself, I made sure I didn't take the credit for it as He was the doer.
- ♥ I showed the work to my manager and he said it was good work. I said thank you but I felt I was saying thank you for God as I could see His hand in it.

## GENTLE LESSONS

- ♥ Yesterday I went to work a little late. A manager from a different team was in the same lift as me and asked what time I was supposed to start and finish work. I knew that my working times were flexible so that if I started work late I could work back and this would be okay. However I felt Swami was gently reminding me to go to work on time even if I have flexible start times so that others won't find fault with me.
- ♥ I spent the whole day stressed. I woke up and snapped at Mum, stressing about my assignment and telling everyone not to bother me. The funny thing was that the nun staying with us gave a talk that evening about how to be free from tension and stress.

‘If I imagine that Swami is there with me in everyone and everywhere, I gain confidence. All the stress instantly goes away. I feel so good.’

## LET GO AND LET GOD

I found that when I ask Him to help sincerely with the attitude of surrender He will help.

I felt that the root cause of trouble is that when you are born, you artificially create attachment to this world. One should learn to attain equanimity at all stages of these attachments. Master the ability to assimilate the fact that one must eventually die and you must give up what you have acquired until then.



One quote said, ‘Why be sad when the hard times come because I'll carry you through it’. I just started to cry. I thought, “Enough of this nonsense”, and that I should let it go. I keep thinking about my family, which is good, but then what about Swami? I should be thinking about Swami too. That night I wrote my reflection to Him and since then I have been really happy.

## EIGHT HOURLY OPPORTUNITIES IN A DAY

- ♥ I have an hourly reminder that pops up on my computer to remember God.
- ♥ I'm just overwhelmed by the power of His Name. To even say it is beautiful. And He's given me the chance to write it every hour.
- ♥ On Wednesday, I made sure I did my action regularly. I had so much to do that day, and unrealistic expectations imposed by others to fulfil. I was meant to present something in a meeting at 3pm. I finished my presentation a minute to 3pm! Everything fell into place because I connected to Him every hour.
- ♥ My work has been very hectic but in the short second I spend writing to God every hour I feel really different. It's really chaotic at all other times. In the sweet little time I've been monitoring, I feel very light, very peaceful.

*Man needs primarily two qualities: Devotion to God and the spirit of sacrifice. Without sacrifice there can be no devotion. Sacrifice is the key to immortality. Man is caught up in the coils of selfishness and self-centeredness. How long will these attachments last? Why sacrifice the lasting bliss of a divinely oriented life for the petty tinsel of worldly possessions? Devote yourselves to the service of mankind in a spirit of dedication and sublimate your lives.*

- Divine Discourse, October 1st, 1987