



ALL WORK IS MY WORK – BABA

SWAMI SAYS...

How can a person who himself cannot swim teach others the art? How can one whose granary is empty pour out food in charity to others? Acquire the wealth of devotion, fortitude and peace before venturing to advise others on how to acquire them. You may be very enthusiastic to spread the message of the Lord, but the one and the only sure way of doing it is by translating the teachings in to action in your lives. Your thoughts, words and deeds must be saturated with the love and message of the Lord. Then the message of the Lord will spread effectively throughout the world and transform everybody. [SI, 28.11.06]

L.O.V.E.

Listen In a way that you have never listened before. If we listen carefully enough we can sometimes hear pain, fear, and sorrow in people's voices. Listen to the sounds of the world.

Observe the rules and disciplines of our workplaces. We must focus on these things to be open minded. If we are convinced, challenge ourselves to be re-convinced again, or to be unconvinced.

Vision and Value Any person without a vision perishes. Let us value one another so that we believe in ourselves.

Exploration and Examination. Truly look within yourself and realize who you are. No one can be prepared for the real world unless they know what they have to work with. Be empowered, be enlightened! (L@W team, Perth) ♥

"Sincerely and consciously practicing is the basis of program. I did it this week and it really worked!"

L@W & Productivity

I was trying to figure how to make work more efficient, so that I could multi-task. It turned out to be the most productive 2 days! ♥

- Next meeting: Fri 8th Dec 8:15pm sharp @ 18 Royal Pde, Alderley.
- We are not alone...Let's head to the finish line with 105 other L@W-yers around Oz... Let's not leave any LOVE in the tank!!

"L@W has shown me that my natural state is to be happy! Even the slightest drop in this plain strikes you as being unnatural"

What L@W means to me...

The initial push is hard but once you get started, it's not too bad. Loving Swami is a bit like that too. At first you might need to do it mechanically but after that it's easy! ♥ Swami has eliminated all obstacles! Every time I step out of a Sai Satsang that's when 'work' starts for me. Every time I go to a work meeting or send an email, I say a small prayer. I don't do things for Swami; I think the task is Swami! ♥

Swami, I had to be assertive, with Love...

I went to a store for training. The trainer was very demanding. He began telling me off. I asked him to please not speak to me rudely. I reminded him that he was meant to be teaching me customer service, but had witnessed him swearing at a customer. I told him, "You should respect everyone; even your wife, and children". My conscience was clear – I had used the most loving language to speak my heart. The next day he apologized to me. ♥ This week has been the most chaotic. I returned from a conference and had to organise another one. I had to do everyone's work! It seemed that everything was bursting. So I had to say 'No' to people. I felt happy being assertive. Maybe it was Swami speaking through me. ♥

So long as a man is puffed up with pride, none, not even his wife and children will love him. One should shed his ego and arrogance, if he wants to be loved by others... [DD 17.07.97]

All Work is Your Work

My eyes rolled when a patient needed a lot of sorting out so close to "home-time". In a split second I had forgotten! I remembered then that if it was Swami, I wouldn't have been like this. I served him as best I could. It was all ok. ♥ I was given the case of a paedophile. He looked just like anybody else; like my next door neighbour! He wanted an adjournment so he wouldn't have to spend Christmas in jail. So we got him one. It taught me not to judge. His actions are His problem. ♥ My aunt is a really good home maker – an example of L@W at home. No task is a burden. She is so resourceful, so energetic. She enjoys every task in the home! It really pulled me up. ♥



All you have to do is to dedicate every action of yours to the Divine. Then everything becomes easy and a source of bliss. [DD 06.05.88]

"I don't do things for Swami; I think the task is Swami!"

Sincere self-monitoring

I reflected on missed opportunities. But I learnt new things each day. So I could say Swami was guiding me. But was I really connecting? ♥ There were no work stresses but I found myself forgetting. I don't think I've mastered my monitoring techniques. ♥ I need to get back to self-monitoring properly, maybe even mechanically. ♥

"At first you might need to do it mechanically but after that it's easy!"

Group Suggestions: I was fooling myself by monitoring in my mind. I am going to write things down after every task or interaction. I will bring my monitoring book home so I can reflect at the end of the day. ♥ I set targets of 15 minutes - making conscious effort to put love into little packets of time. I felt satisfaction, like doing it all for Swami. ♥ Every time I slack off I remind myself that Swami is my boss. ♥

How Can We See You, Swami, amidst workplace politics?

There is a guy I work with, from an outsourced company. He is the 'designated fall-guy' for all the problems from his company's side. He gets no support from those above or below him. I've seen him change over the last 6 months. Even today after a meeting, I told him he looked tired. He said he felt sick in the stomach! I really feel that I want to talk to him but I can't be seen to be too friendly with him. Our relationship is governed by contracts. Also, I am bound by the culture of our department. ♥

The tension between workplace culture and doing the right thing pops up in every workplace at some time. Our challenge is to find that divinely elegant solution, bringing the full force of our intellect and courage to bear, that will satisfy our conscience and CEO (Swami!). We may find that self-respect and respect in the workplace follow ...

"Every time politics arose I felt untouched."

Do not judge others as good or bad. Do not search for the evil in others, for the evil will enter you. God tolerates the good and the bad. Be equal-minded and tolerant. Love all with equal fortitude." [DD Mar 1978]

I had to create some documents. Some managers were using these tasks to remind you of your place by finding faults. Other people at my level started talking... It is so hard to keep the stream of love going but I am doing it. ♥ I didn't contribute to a gossip conversation. I read somewhere not to even think bad things about people. The conversation eventually died down. ♥ I can see managers playing politics at work. One of my colleagues was told their contract would not be renewed. Another colleague hasn't done much to improve but gets many opportunities. I was getting caught up in all this. Then I tried to be friendly, to see the Little Swami in all. The best thing is to keep smiling, and keep going. ♥ I work in a small team. I was judging them, wondering "who's the 'good guy', who's the 'bad'?" One team member also speaks very rudely to me. I would offload it onto my husband! Swami says to be equanimous. So I've been trying to do that. I try to block out all the politics, to love them all, and not pass judgments. ♥

