

## Receiving love through service



♥ Going to SSE gives me so much energy, joy and love. Those kids are angels and I really love them. I feel very good and peaceful when I am teaching them. I really like one kid. He is the only one who noticed that I had a haircut; he is only 6 years old!

‘I went through a lot of challenges, it helped me connect to Him more and more.’

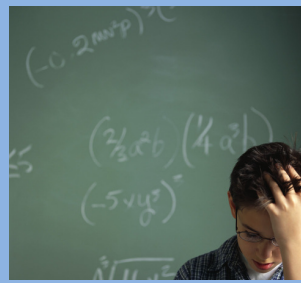
## Love conquers anger

♥ My boss gave some customers the incorrect strength of Medicine. This happened because he had not checked his work properly. I was very angry with him but did not question him at that moment. I waited until I had calmed down. Then I explained to my boss his mistakes. I told him as nicely as I could. In those few seconds when I felt angry, I really thought of Swami and called Him.

‘I try to see Swami as my best friend. It is not easy but I keep trying.’

## Self-control

♥ I was stressed with my assignments. I kept getting angry and snapping at my parents. We had a little argument after Bhajans. My mum said I was talking too loudly. The next day at school I noticed a new student in my chemistry class. She was very peaceful. When I observed her behavior I felt ashamed within. She spoke so softly and politely and here I was speaking so loudly. So on Thursday, I tried to practice self-control by staying quiet. As a result, the guilt and anger slowly contracted. It also had a calming effect on my parents. Having self-control helps you and others as well.



# ALL WORK IS MY WORK



“God alone is your constant companion in the journey of life.” - Baba

## Just Surrender

Om A lady I met was telling me all these Swami stories. At one point she said, “Just surrender, just surrender. It is because of karma that you may go through a lot of things.” So on Monday morning before I started work I said to Swami, “I surrender to you”. It turned out to be a beautiful week!

Om It is easy to surrender when you have no other choice. Today at work, I did not have a solution to a problem. I surrendered everything and acted with the confidence that it would work and it worked!

Om I just finished major overhauls at work; it was very intense. It was full on, from 6am to 8pm. There were so many tasks to do. I was surrendering to Swami. Although I was caught up in intense work, I kept asking, “What would Swami do in this situation? Am I doing the right thing?” Conversing with Him and asking Him what He would do in a situation, takes the ego out.

Om When you sincerely surrender, Swami helps you. At work, there was a cupboard full of electrical wires. I had to connect a particular wire and did not know which one. I surrendered to Swami by doing Namasmara and touched a wire. To my surprise that was the exact one I was looking for.

Om I decided to see everything as Swami’s doing. During the end of the week, I was saying “Sai Ram” to people who passed by. When in traffic, I said “Sai Ram” to oncoming cars. Namasmara works. It makes you see it is all just God’s will.

## Repeat His name

♥ When I do Namasmara in the morning, I feel joy. I use Namasmara to motivate myself at work.

♥ I only missed touching base with Him once or twice during the week. It is Swami who is touching base every hour. He is doing a good job!



‘I usually read Sai Satcharitra and write ‘Om Sri Sai Ram’ 108 times every day. This is where I get my happiness.’

## Pavana Naam Taraka Naam

♥ My actions are Namasmara and putting a smile on Swami’s face. Whatever I do for Swami affects me and Him. Just the thought of how to put a smile on swami’s face makes me do the right thing. Swami says you can change your game if you will but you choose not to. Swami does not want me to ever think negative thoughts. Namasmara stops negative thoughts.

♥ I am so thankful to Swami for giving me the opportunity to touch base by writing His name every hour. I heard a bhajan which has the line, ‘Paavana Naam, Taraka Naam’. This line has given a new dimension to my Namasmara. Paavanam means purity, Taraka means liberation - His pure name will give us liberation. There are millions of people in this world who have not uttered His name even once. How lucky I am to chant His name. The goal is not too far if we keep saying His name.

‘Every now and then I’ve been taking a break from my work to say thank you to Swami for helping me so much.’

## Sai is holding us...



♥ You have to be prepared to face any difficulties to become His devotee. You also have to face these difficulties with a positive attitude. It is going to get tough. We are so blessed; He is holding us so close. We have the opportunity to be with Him as He accomplishes His mission. We can fall off

easily if we are not in good company. The energy then drops off. To pick yourself back up and get back on your feet takes a lot of effort.

“There is nothing sweeter in the world than Divine Name.”