

## Education in Human Values

\* Before I go to school each day, I choose one out of the 5 human values and try to practice it sincerely. But one day, I failed in this resolve. I lied about something small and I didn't feel good after that. But, I'll continue practising in this manner so that I practise Swami's teachings everyday.



\* Swami advises to speak politely and softly and more importantly, to keep anger under control. I practice this teaching by only seeing the positive aspects of a person, even if they don't seem too positive when interacting with me.

*“When there is purity in thought, word and deed, human values are practised” - Baba*

### Regular Sadhana

\* I read a book on Swami daily which has a quote at the end of each chapter. By reading it, I feel His love immensely; this keeps me boosted throughout the day. Even at university, if I have any spare time, I read the book.

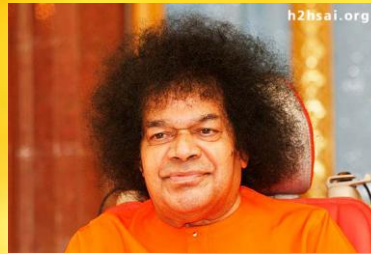
\* Regular Namasmarana is helping me to surrender to Swami. In the morning, I surrender while doing the Surya prayer. Later, before I leave the house, I pray to mother earth. Then before each class begins, I pray to Swami so that I see Him in everyone. When I surrender, the day goes very well.

\* When I leave the house I do padanamaskar to my mother and then go and take padanamaskar from Swami. It gives a feeling inside that He'll always be there.

### His deputy:

\* He brings out the best in you when you are faced with a situation where you have to do your best. All that you need do in such a situation, is to surrender. You're acting like His deputy. You have the opportunity to do your action in that situation on His behalf.

## ALL WORK IS MY WORK



*Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile”*  
- Mother Teresa

### Random acts of kindness

\* I had a glass of water next to me. It spilt all over my desk but I was on the phone and I couldn't clean it up. Someone came, wiped the mess and filled my glass again. It made me feel so good. Just doing these random acts of kindness makes you feel so fulfilled

### Love in Action...

\* A Love@work action can be compared to putting flowers at Swami's feet while repeatedly saying his name. The action is easily performed; the results, amazing!

\* By hourly touching base through Namasmarana, I am able to see Swami's presence more. Moreover, I'm also aware of the amount of work completed in the last hour. My morning action is complimenting this by making me enjoy the work and giving me a good start with a lot of momentum.



### My Swami, remover of obstacles

I didn't have the money to buy 2 text books. I met a student who had the books I wanted which he didn't need. When I asked him if I could buy it off him, he said to simply use them and return it back at the end of the semester. Similarly, another student who had dropped out of the class I was doing, didn't need his book and gave it to me for free as well. So I ended up getting the 2 books for free!

### Unity in diversity:

Our company has to let go of some people due to recession. Management said that if we were all willing to sacrifice one day in a week, then they wouldn't need to sacrifice an employee. Immediately, everyone agreed to work 4 days in a week. That's when I realised that whether someone knows about Swami, another form of God or not, they are all Swami. I felt Swami throughout the whole day.

### One pointed concentration

\* I really love what I'm doing, but I have tasted the bliss of being just with Him before getting this busy with work. It is because of my thirst of wanting to be with Him, that I want to break free from this hectic work life.

\* One of the Sai Youth I know is always busy, doing up to 6 things in a day while being connected to Swami all the time. He says, **when you do things with your whole heart in it, its like being in a meditative state. And when you're in that state, then you are still always connected to Him every single second.**

### Surrendering to Swami

\* Before I meet my clients, I say to Swami, "I'm dedicating this at your lotus feet so please do this for me. I hope I can be a good instrument." Some of the meetings this week went well and others didn't, but I came back feeling that the work was done sufficiently. He made his presence really obvious to me despite me not being my best.

\* **Nothing is ever within our control. When we realise that, we start to surrender completely and it is then that He responds most quickly.**

\* This week, I worked on a drama script thinking that I was the doer. There was no feeling of devotion in what I was doing. When we worked on the revisions, we wrote as though it was to Swami only. Then as we read it out to each other it was perfect. To me it was such a beautiful reminder that nothing can be done without surrendering to Him.

*“Of all the human values, the foremost is love of God” - Baba*