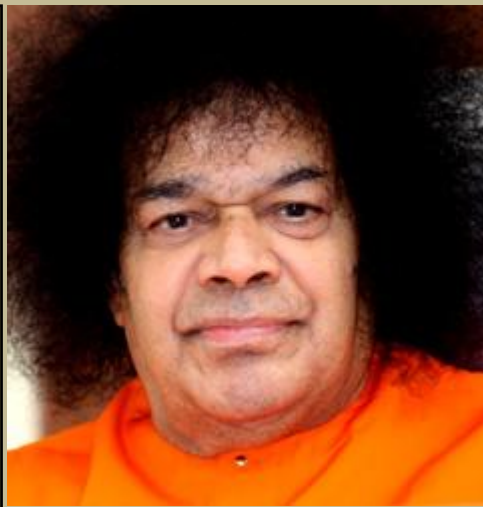


Cosmic Sai

- ♥ On Monday I decided not to worry about my health problems, and just focus on L@W. One of my L@W actions is to surrender to Swami and I did that. At uni, Cosmos magazine came to scout mentors. I tried for it last year but was not selected. This year my dean nominated me and I got selected. I was shocked because all this happened within a day and I didn't even nominate myself. This is definitely Swami's work. He knew that I was struggling and when I finally took the step, He threw all this great stuff at me.
- ♥ The first patient I saw was a lady in orange. She had afro hair and the most beautiful face. Everything about her was Swami. We were sitting on the grass and I felt I was with Swami. The sunset and the surroundings were only reflecting His divinity.
- ♥ I said to my mother that Swami keeps giving me so much and I don't know what I did to deserve it. My mother replied, "He is giving you all this so that you are inspired to do more."



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.

~ Baba,
Sai Inspires, 16th July 2009

Sai's Assurance

- ♥ I worked with a few patients last week at a camp. I did not think of L@W. There was no guilt in me because I was in the moment. I felt extreme divinity within me and from everyone and everything around me. It was beautiful when our leader finished his speech at the end of the camp by mentioning Swami's quote, "Your service to your patients is my padanamaskar". My L@W action is to meditate on this very quote. Swami assured me that what I was doing was really love@work.



Why worry when Sai is here...

His Presence

- ♥ It takes me 1.5 hours to get to work. I do *Namasmarana* at that time but I wanted to do something more. Yesterday I started to think of all the nice things in my life and started saying thank you. My action now is just thinking about all the positive things in my life, and focusing on that, things that Swami has given me. I am doing it during the bus ride to work.
- ♥ Yesterday I came across a photo of Swami which was really really beautiful, I kept looking at it. I felt His presence strongly at that moment.

"God's delay is not God's denial."

Oneness with Sai

- ♥ I have been meditating at night. I listen to the chantings of Ohms on my iPod to help with my meditation. It drowns out all the other noise. Last night I was watching my thoughts and the image of Swami came into my mind. This is significant to me because His form has seldom come to my mind in the past few months. I got disturbed and started questioning my faith because of this. When I saw His form in my mind I let it linger. Then I started to focus on His right eye. I focused on the texture first and then went on to nursing His eye. It was just beautiful. I take small steps and yet He gives me so much.



The very thought of *Namasmarana* is enough to stop negative thoughts.

Making Swami Smile...

- ♥ My actions are *Namasmarana* and trying to put a smile on Swami's face. These actions help me to ask myself if whatever I do is making Swami happy. This way, even mundane tasks become more enjoyable, I have fun with it. I make it more fun for Him. Hence, I'm not thinking of myself so much, instead I'm thinking of Him more and this helps me to feel His love.

I realised that I'm closest to God when I come to bhajans and L@W.

Don't Worry...

- ♥ Swami helps me to notice His hand in little things when I remember him. I needed a directory to go somewhere and so I went to the petrol station to buy one. I began to ask the man behind the counter for it but changed my mind half-way and said, "ah don't worry". I changed my mind because I realised that I knew the way. Then he replied, "Don't worry? We have plenty of that here!" It was Swami behind the counter reminding me that He was everywhere!



Sai Smarana

- ♥ One of my actions is to "Sai Ram" in my head and give love whenever someone says my name. It has been going really good. Due to this action, I have found in the recent past that people have become more warm, loving and respectful towards me. Even people I don't know that well have been so kind and warm towards me.
- ♥ Whenever I'm in a stressful situation, with firm belief and conviction, I say "Sai Ram". I believe things will get better when I say His name and they do get better.
- ♥ I have a photo of Swami in my drawer at work. My L@W action is to look at Swami's photo regularly by opening my drawer. My other L@W action is to say "Sai Ram" before making phone calls and sending emails. I do this because I want to see Him as goddess *Saraswati*, and hence not hurt anyone while speaking on the phone, especially my clients.
- ♥ While I drive to work, I ask Swami through *Namasmarana* to help me remember Him at all times during the working day.

I am trying little things to get closer to Swami.

Detachment

- ♥ My action is detachment. After a chat with my Dad I realized I am attached to my work. I identify myself with the work too much than necessary. I keep thinking I am doing it. So I spent the latter half of the week working on giving the attachment up. I am asking Swami to make me detached.

Every time I struggle with a task, I say "Sai Ram", and then I immediately feel motivated to keep going.