

Dealing with stress

♥ I get stressed when assignment submission dates draw closer! During this time, my mother advises me to calm down. This helps me a lot. I realize that if I have too much stress, then the negativity goes into the assignment and I cannot do it with love for Swami. My greatest lesson comes from the process of doing the assignment and not from its result. So I focus on the process rather than thinking I have to score higher marks.



♥ When I have stressful moments I talk to Swami. I say, "You are testing me. All this is Your work and not mine." Then I try to be detached from the situation.

Problems are gifts that God gives us. We have to accept them gladly. It is an act of respect. There is always a good reason behind each gift (problem).

My Breath, My Sai

♥ At one point in my life, I had to solely take care of my family and the entire responsibility landed on my shoulder suddenly. However, I did not feel the stress, I only felt emotional. I said to God, "You have given me the responsibility, so now give me the strength to fulfill my duties". I started putting more effort to see Baba in everyone and everything. I am trying every moment to connect to Him. I must live happily because He has given me this birth, this body and this very breath.

♥ During the day, I don't explicitly call Swami because I know He is always with me. Every few minutes I keep repeating to myself, "Swami is with me, I'm not alone, I will never be alone."

Love as respect

♥ My job requires me to offer IT support to customers. One customer called this week, a 70-year-old woman. She started talking a lot on the phone, and soon started repeating herself. She did not even allow me to speak. I felt an urge to interrupt her, but a few minutes before her call, I had read in the Love@Work bulletin about how important it is to be polite. I regained control over myself and kept a calm voice. I realized I should respect her for her age and experience in life. I should not have let even a single rude thought arise in my mind. It is great how she came into my day just to show me parts of myself that I should improve on.



All acts must be done as offerings to him, dedicated to Him, prompted, planned, executed and blessed by Him. The smarana (remembrance) of the Name will help this Saadhana. The name has to be repeated with the heart yearning for the Named.

~ Sathya Sai Speaks 07-45



Counselling through Namasmarana

♥ Being a psychologist, I once worked with a patient for over 25 sessions. Each session was 2 hours long. I started feeling increasingly frustrated during the sessions. At those moments, I was tuning out and focusing on my thoughts. I needed a tool to come back to the present - I started *Namasmarana*. Chanting His name helped me immensely. I was able to refocus on the task and maintain attention.

♥ Being a counselor, I sometimes sit for 6-8 hours listening attentively to kids over the phone, who have been abused at home. I try not to get caught up with it but it is hard. To deal with this stress, I call to Swami through *Namasmarana*. I write 'Om Sai Ram' in a book several times in a day. Once I remind myself who the real doer is, I feel at peace.

Swami carrying me

♥ I work as a lab assistant for research scientists. My work requires me to be on my feet all day. I get tired after 5 to 6 hours of running around. My Love@Work action of surrendering my mind and body to Swami has helped me. I do not feel too exhausted easily as I used to last year. Surrendering has taken the load off my shoulders because I feel detached with my work and my body. Swami is carrying me, so work feels much better than it used to.

♥ I drove a long way to meet a client but the person was not there. It did not affect me at all, I just drove back home. Normally I would have been very upset but now I do not. It is because of my Love@Work action. My action is to surrender to Swami by saying, "I dedicate this event at Your lotus feet" before a meeting or any significant event. I am really beginning to feel its influence on my attitude.

Dealing with anger

♥ **Silence:** Suppose someone is angry with me, I just walk away in silence. I then analyze if it was my fault or not. I do not brush the thought aside because if I do then I will not learn from the situation. I know such instances are good opportunities to practice silence and contemplate on Swami.

♥ **Self-inquiry:** Before reacting to anger, I ask myself, "If I react now, would I be proud of myself later?" Through an unbiased self-inquiry, I ask myself what is the best thing to do to get inner satisfaction; not just at the surface level.



♥ **Smile:** I work with complex machinery on a daily basis. This sometimes causes many problems. Normally, people would react by swearing or complaining, but I do not do that. Instead, I just keep singing *bhajans* and smile a lot. This keeps me calm. My *sadhana* is to avoid anger.

♥ **Self-control:** Last week, one person said something very hurtful to me. However, in a few seconds I thought, "I have been thinking of ways to kill my ego for so long, and now God has put me in a situation which is hurting my ego. All I have to do now is to control myself. I don't have to say anything to this person, only a 'Thank You' to God and carry on."

When stressed, we have to keep in mind that we have the choice to be positive.

My Sai

♥ I had a very stressful week at work. *Namasmarana* started automatically when the stress got out of hand. Then it hit me that it was because of my action of touching base every hour that this happened. It is very vital to bring God into stressful situations. Who are we to manage anything? Only His name will help us. Whom else to call for but Him?

♥ I feel His love immensely by doing my *sadhana*, which is - daily morning prayers, *Namasmarana* on the way to the bus stop, reading Swami's book on the bus and dedicating each lecture to Swami. In the evening, I exercise, meditate and do nightly self-reflection before bed. This has helped me to feel Swami's presence intensely during the day.