

Being in the moment

♥ My action is to reflect on the quote from Swami, "Your service to your patients is my *padanamaskar* to You" before I see a patient. I think of the quote and try to believe that I am getting *padanamaskar* from my patients. When I visualize that, I am aware of the dual nature that is present. There is the struggle of trying to suppress the mind to not to be in two places at the same time. Because of this, I am not always bursting with love. From now on, I will try to become more aware of such situations and catch myself beforehand, so I can be more loving.



'When you are in the state of surrender, you have no desire for achievement, yet every task becomes achievable.'

Surrendering sincerely

♥ I noticed that my L@W action is very challenging, but just by doing my best to improve it, I am feeling happier. I am doing actions which remind me of Swami. I am realizing that I am not alone by bringing Swami into my everyday life. I pray to Him, "You are in all the students, You are everywhere in everyone" and I go into the process of surrendering.

Living the human values

♥ My L@W action has been to pick one human value each morning and try to practice it throughout the day, until I go to sleep. The value I picked on Monday was Love. I noticed that when I practiced Love, everything just fell into place. At home, I made my parents happy by washing the dishes and cleaning my room. I was able to love my parents through these actions. By being and sharing the love that I know, I lived righteously for the day. This gave me the confidence I needed to continue with this *sadhana*.

'Swami always takes care of the results.'

Self-confidence through Right-conduct

♥ Being truthful and righteous is a product of loving God. It is a form of self-confidence. I feel more and more confident because I know that I am doing the right thing. I am being righteous and coordinated with what is to be done and not scared of what is to be said. I can definitely see a big change in myself now. It has all about living His values.

♥ My schoolmates like teasing other students for fun. I do not want to do that. I hang around with them because they are in my study group. When they do something bad, I remind them that it is not appropriate, and its only momentary happiness and not worth it. I sometimes walk away when they do something rude. I have the confidence to walk away because I know these friends will not stay with me for the rest of my life, but Swami will. Swami gives me the confidence to do the right thing.



ALLWORKISMYWORK



*Once you have
Divine Grace, you
can achieve
anything. If you
aspire to attain God,
you have to make
efforts to acquire
the necessary
eligibility. That is
the essence of true
spirituality.*

~ Sai Inspires 17th August 2009

'Anything can be solved with pure unsullied love.'

Sai-confidence

♥ When I am filled with love and together with the Sai within, I can achieve and overcome anything in this world. This confidence is not out of ego but due to the divine presence I feel constantly. I am sitting here and breathing because He is in me. If I say I cannot do something then it is just this body talking. Everything that I am doing is done by Him, then why should I question my capability? I have made great progress in my career and in my life because of Swami.

♥ I feel I have become more confident by practicing love and thereby I feel Swami a lot. I am grateful that He's been very supportive to help me become confident. I felt I couldn't get there but because of my immense desire to reach that goal, He's carried me through. I do feel now that I work better than I used to and manage situations better than I used to.

♥ I always say 'yes' to any work that is given to me. I never say no because I know its Him. Love is very practical. Touching base every hour by writing 'Om Sai Ram' has a very subtle yet strong effect on me. I know it is happening without my awareness even. Whenever I am doing work, there are lots of instances when I don't even know how to proceed. In those instances, even without my awareness, I have silent conversations with Swami. He then takes me there and the job gets done. If I always have that awareness I can do anything.

"Your habits must change for the better. Your outlook must widen; your inward look must become deeper and more steady. You must realize the Omnipresence of God, and the Oneness of the Humanity. You must learn tolerance and patience, charity and service. I bless you that you may form that determination and striving step-by-step, achieve that Goal." ~ Swami, Divine Discourse, Feb 28, 1964

L@W - Loving work

♥ The key thing I found is if I love my work I can easily practice Love@Work. Therefore, I developed this immense love for my workplace, colleagues and the work I do. This involved loving those who gossip, those who put others down and those with a difference in opinion. I did this by blocking all negativity and being the love that I am. In the past 3 months, I received a lot of feedback from random colleagues, saying that I have done really well and that I have grown in confidence. My boss said he was very proud of me. This happened when I least expected it. This was Swami's way of reminding me that it was because of Him that I have made this much progress in my career.



'I see self confidence as the ability to love people and understand people unconditionally no matter how you are treated.'

Swami -My life planner

♥ I used to enjoy planning my life. Whenever I worried over my career or future, I would sit down and write documents on how to handle the 'what-if' situations. Now, knowing Swami is the one with the plans, I only strive to ensure that whatever work I do is His work and that it is done perfectly.

♥ When I have a duty or a goal to fulfill, I remind myself that it is not me doing it, its Swami. My duty is to only be His instrument. I should strive to not become attached to the work.

♥ Before joining Love@Work program, I used to pray before and after going to work. Now I do not distinguish, I have started remembering Swami in my workplace. I feel more confident when I remember Swami. I am then able to love my colleagues constantly without any reservations.

'I do not think I have a hand with anything. I only know I have a hand with Swami.'

Driving with Swami

♥ As a photographer, my action is to dedicate each photo session to Swami. Yesterday, I was asked to do a portrait shooting of a family. As soon as I reached their residence and walked through the door, I felt akin to the family. When I finished and was driving back home, I was thinking of ways to help them and keep in touch with them. Just as the thought crossed my mind I saw "Sai" written in the car in front of mine. I realized that by practicing Swami's teaching, He reminds me that He is always listening. I am now able to feel more love and keep Him with me always.

♥ My Love@Work action has given me the confidence that if I have love in my heart I can achieve anything. My actions are *Namasmarana*, and to please Swami with my every action. These actions have given me confidence because I am becoming aware of who I really am. If I have faith in Swami then there is no need to worry about anything. A person with faith in God will never despair because he knows that God will always take care of everything. When I was driving in my car and thinking this way about faith, I saw a van in front of me, which said, "Anything is possible". With *Namasmarana* I become the love that I am and the saying on the back of the van just confirmed that.

