

Consistency in sadhana

♥ I had a good week in terms of remembering Swami because I have been practicing my *sadhana* plan consistently. My *sadhana* plan is structured in such a way that every activity in my day is connected to Swami. Before I eat my lunch, I say the food prayer; I read Swami's book while travelling on the bus to the university; when exercising, I imagine that Swami is helping me with the weights, and so on. Every activity is reminding me of Him.

♥ I feel Swami is watching me closely as I complete every action from the *sadhana* plan. I feel guilty if I do not do the action properly so I try to do it sincerely. When I complete the action I say 'Thank You' to Swami. I try to practice disassociation at every step by reminding myself that the action does not belong to me.

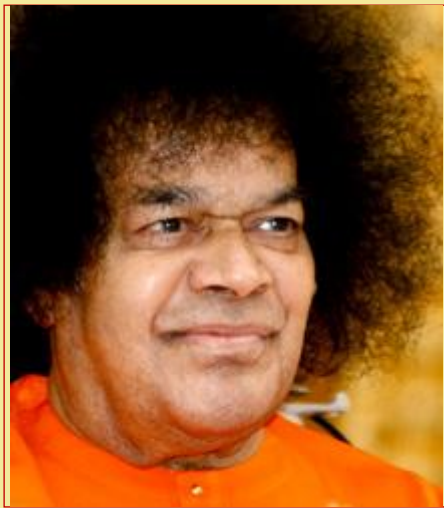
I need to work harder to love Swami at work and not work hard to get my work done.

Swami, my teacher

♥ I had exams last week. I was feeling stressed because of the volume of work that had to be completed. I surrendered the work to Swami and felt immense peace within. This feeling helped me to get all the work done. I completed the exam to the best of my ability. I was surprised to find out that I got really good results.

♥ My study group is made up of 4 students. While studying together, they asked about Love@Work and I explained the concept of dedicating every action to God. Since they did not know about Swami, they said they would pray to Jesus and surrender the results of the exam to Jesus! When the results came, we found that we all got the same exact results!

♥ I usually feel His presence more in the exam hall. In one exam, I came across a question that I did not know how to answer. I was stuck, so I immediately started doing *Namasmarana* and asked Swami to help. I skipped that question for the time being and went on to answer all the other questions. In the end, I came back to the question to try it again. I was astonished as the answer slowly started coming from within. I answered the question by being inspired from within.



When you put a step forward, there is God in it. It is the same current that makes the bulb shine, fan rotate and mike function. When you put off the main switch, all the electrical gadgets stop functioning. God is like the main switch. When you look at something, there is God in it. God is the Divine Force that makes everything function. When you forget God, it amounts to forgetting everything. Therefore, always love God.

~ Sai Inspires, 18th September 2009

Namasmarana: instant results

♥ I started a new action this week - to touch base with Swami every hour by writing His name. I use my workbook to do this. I started off by asking Swami to give me the strength to do the action! At first, remembering to touch base every hour was hard. Then, the consistency dropped in the middle of the week, but it picked up again towards the end of the week. Touching base is an vital activity for me, because positive energy is important in the environment I work in. It has made a big difference to me and my work. I was able to love my colleagues and feel Swami's presence.

♥ There were no ups and downs this week because I knew He was with me all the time. I don't forget Him, yet I do not pay too much attention to Him - this is my challenge. I can say Swami is with me because when I say that I can do this or that, it somehow gets done. I know He is behind it. In my routine day, there are gaps - gaps when I do not feel Him. It is these gaps I am trying to work on now - through *Namasmarana*.

Living the values

♥ One of my actions is to choose a human value in the morning and practice it during the day. Through regular practice, I have come to realize that all the values are interconnected. For instance, in order to practice love and be loving, I also need to be peaceful, righteous, friendly and truthful. At the end of the day, I reflect on how loving I have been during the day. In addition, I plan to write a checklist to critique my progress against, so I can analyze if I've been sincere or not.

Manasa bhajare guru charanam

♥ I went to *bhajans* but was not feeling too well because of sore throat. I was requested to sing a *ganesh bhajan* when I reached. I did not know if I could sing because the *bhajan* I chose had a big range, but once I started singing everything just fell into place. I knew fully well until the very end that it was not me but Swami who was singing through me.

♥ On Thursday night, there was *vedam* chanting followed by the *bhajans*. During the *vedam* chants, I was praying intensely with my eyes closed. Soon, I felt Swami's presence strongly. I felt Swami's presence move from the door to His seat in front of us. It was the most amazing feeling that I have ever experienced in my life.

There is no point of doing something if it is not connecting me to Swami.

Sai-Moments

♥ Every morning, I remember Aunty Moiya's conversation with Swami when she wakes up, "What beautiful things do you have in store for me today?" Remembering this sentence brings joy to my day.

♥ While driving, I imagine that His face just fills the whole sky.

♥ When I want to see Swami, especially while walking to the bus stop, I try to visualize Him in the sky. I picture Him filling the entire sky.

♥ During the week, a friend sent a message saying that he remembered me and included me during his Ramadan prayers. This thoughtful gesture shows Swami's omnipresence, I felt His love strongly through my friend.



"To be immersed in God's love and thoughts of God is the greatest enjoyment as well as true yoga." - Swami

Q: When do you feel closest to Swami?

A: I do not like to use the word 'feeling' because to say I 'felt' Swami means I am separating myself from Him. I do not like to create that separation because it will not make Swami happy. However, when I do *Namasmarana*, I feel oneness with Swami instantly. Due to *Namasmarana*, I am able to monitor my thoughts and stop all negative thoughts immediately. I am dedicating myself completely to *Namasmarana*.



Writing Swami's name or saying Swami's name will never go in vain. There will always be subtle effects.