

## All Work is His Work

♥ I felt the importance of Love@Work in the last 3 weeks. Swami says all work is His work and that is what has really helped me. I am an engineer and work on-site with technicians who are much older than me. I help them with their work because all work is His work. Because of this, whatever work they do, they would explain it to me with great patience and love. I believe performing work as though it is all His work has given me all these wonderful experiences. Swami has given me immense assurance that He is with me all the time. Moreover, since everyone works with ear plugs, I can sing *bhajans* aloud all day and no one can hear it!

♥ My Love@work action has helped me to be detached. I lost a deal last week but I did not even flinch and went onto the next task. I used to be results oriented before and felt upset when I lost a deal. Now, I go about doing my work in a spirit of dedication without worrying about the results. I feel more confident to do more work because my concern is only to do the job to the best of my ability. I know it is all His work.

My main goal is to realize who I truly am.

## Swami's pride

♥ My goal is to be someone Swami would be proud of. This week started off with me handling a tough job well and receiving recognition for it. It was a real test of all the skills and everything that I have learnt. I had to put into practice all that I have learnt through Love@Work - faith in Swami, faith in myself, faith in my skills, sincerity, love and everything else. I was under pressure but I was aware of the unnecessary things I have to block out. I just focused on my job and did what was necessary. Many colleagues congratulated me the next day. Swami had the confidence in me to pull the job through.

I include Swami in whatever work I do.

## Pulsating with Love

♥ My supervisor advised me to do more work when I submitted my photography assignment. I was stuck not knowing what to do and asked Swami for help. Then I remembered Auntie Moiya and ended up visiting her twice for this assignment! It was an amazing experience. I left her home with my body pulsating with love because of her immense positive energy. I was only able to get this experience because of surrendering to Swami.

We all have to learn to be more silent.



*It is best that you imprint on your heart the dual nature of the world that is a mixture of pleasure and pain, joy and grief, victory and defeat. Practice the constant presence of God and learn to offer all your activities at the feet of the Lord as an act of worship. Then they will be cleansed of all faults.*

~ TFFTD, 27th September 2009

## Fruits of Love@Work

♥ This week I attended a training session. The woman conducting it had a monotone voice, so after a while I stopped paying attention to her and started focusing on my own thoughts. Fortunately, I was aware of my thoughts drifting away. Immediately, I remembered Swami's quote, "You are above all thoughts". I stopped my thoughts at once and regained focus on the person's training lecture. I was looking at her so intensely from then on that I started seeing an aura around her! I was able to do this because my Love@Work action has helped me to be more aware of my thoughts and to be in the moment.

♥ Love@Work is helping me to be a better student. I used to feel nervous about doing assignments because English is not my first language. But now I feel Swami will be there to help me with whatever task I do. Swami says to do your best, so I always do my best and surrender the rest to Him. I have actually developed more liking and respect towards education. Now, I'm eager about learning new things and applying that knowledge into the world.

♥ Love@Work has helped me to become a better student and a better son. I am beginning to slowly practice what everyone shares in the Love@Work meetings. Every week I learn something new. The first week I learnt that I should speak softly. Next week, I learnt to be calm with my parents and so on. All these changes in me is because of Love@Work.

All the work I do is for Him.

## Spreading goodness

♥ My Love@Work action is to offer morning prayers to Swami and saying 'Om Sai Ram' every hour. Every morning I ask Swami to give me the strength to spread goodness around me. Sometimes I slip in this *sadhana* but try to make the most of what I can. I try to be a better person by trying to please everyone around me, though it is not possible all the time.

## Surrender to Sai

♥ My Love@Work action is to surrender my work to Swami. I think it does make me more patient with things. I make many calls to people to get stories for a photo shoot. Sometimes they say 'yes'. Earlier, I would get disappointed when they said 'no'. Now, I think it is Swami saying 'yes' or 'no'. So I do not feel bad anymore.

♥ My Love@Work action is to surrender to Swami before I see a patient. It helps me to bring Swami to the forefront. At the end of each session I want to feel that Swami did something for the patient; Swami was working through me; and Swami was in the patient. I should be able to say that I was just observing and He was pulling the strings.

Honesty is God.

## Swami – the doer

♥ My hourly touch base action has definitely made me a better employee at work. It has given me immense self-confidence; it has made me competent, fear-less, honest, truthful and absolutely righteous. I say this because I know that Swami is the doer and not this body. My heart is just exploding with love for Swami. He is shining through me at work. So, I have no fear to take up anything and to face any situation. This body cannot do anything until the Sai within does it.

The more detached we are to the goal, the more we will succeed.

## Humility and Love

♥ In my job, I have to offer IT support to customers. This week I received a phone call from an angry lady. She started raising her voice over the phone. I had an urge to interrupt her or raise my voice as well. But because my Love@Work action has made me more aware of my thoughts, I immediately put a stop to my mind. I knew that the only way you can change people is through humility and love. So I continued conversing to her with immense love.

*"Let Love be considered the very breath of your live. Any mighty task can be accomplished through pure and selfless Love." - Swami*