

L@W MY JOURNEY TO GOD

♥ I just want to feel that I am love, that I am God. I want to love people like I love Swami and this is my motivation for practicing L@W.

♥ My motivation to do L@W lies in performing my daily acts so that it will please Swami and put a smile on His face.

“One must be concerned not about how much love they have for God, but how one can become worthy of His love.”

THE POWER OF L@W

♥ Yesterday as I got into work, I learnt that one of the junior registrars had over-booked a surgeon and a few other staff to work on several cases that day. I noticed that this surgeon was ready to take his frustration out on everyone. I immediately asked Swami to help me as I had to work with him. One of My L@W actions is to try to work lovingly with everyone without worrying about their personalities by accepting people as they are.

So I decided to put my feelings aside and concentrate on the fact that I was there to make the patient feel better. Once we started the job, everyone put their differences aside and worked very efficiently! The surgeon held his composure and even made a few jokes! Swami had made my day so much easier.

“By doing small things to connect, you can fill the day with Him.”

TOUCHING BASE

♥ I work under extreme pressure and have to deal with difficult circumstances. There used to be days when I wanted to escape my work.

But after starting my L@W action of touching base with Swami every hour through Namasmarana, the work seems more manageable and I feel great at the end of the day even when things aren't going well. I believe that Swami has given me the strength to deal with work.



ALL WORK IS MY WORK

I AM SAI

Through my L@W action, I want to realise “I am Sai”. My biggest motivation is the self-transformation that has been happening within me. Over the past few years, my habits, outlooks, attitude etc. have changed subtly but for the good. Even the thought of trying to achieve the goal of realising that “I am Sai” is just beautiful. I have no doubt that I will reach this goal as long as I put in sincere effort.



“Sometimes I feel hollow inside, then I remember Him and immediately I am filled with love, I am then able to pour this love into my work”

DIVINE MOTHER ALWAYS RESPONDS

This week I worked on an urgent project that went to Quality Control for approval and returned with a failed result. I was extremely disappointed and started asking Swami why this happened when I felt I had put in 100% effort. At night, I attended bhajans and sang, “Jaya Jega Janani Maa”. As I sang it, I cried out surrendering to my Mother Sai. The next day my boss asked me to recheck with Quality Control about the status of this job. When I consulted them again they said that all the jobs had passed the test! Thank You Swami, Thank You.

“Swami is the Musician, we are His instruments.”

AN INSTRUMENT IN HIS HANDS



♥ My aim is to cut my ego every day by reminding myself that I am only an instrument in His hands. I offer everything to Him – when I am studying I think, ‘This is for You Swami’, if someone compliments me I remind myself that it's all Swami, I had nothing to do with it. It's the process of doing His work, that is rewarding, not the result.

♥ I've realised that at work when I think that I am not the doer I perform my best. I have a sense of duty but not a sense of possessiveness to the result. It helps me make better decisions. There have been situations where things are out of my control and I think this is Your work not mine. I feel happy knowing that He has control of the situation.

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I've asked myself, “When Guru Nanak or Swami Vivekananda, have all realized God, then why can't I?” This is my sole motivation, to try to see God in everyone always. Every day I perform a self-audit to see if I am doing my work to the best of my ability.

“Swami is always giving us so much love. All His messages are simple, yet profound. Only when we start practicing them, do we learn more about ourselves.”

LOVE CONQUERS FEAR

My L@W action has been to open up my heart to pour love on others. I've been doing this for a while now using Namasmarana. Whenever I did this with full intensity, it was easy to be loving in my interactions. I've learnt that its only fear that stops me from doing it all the time. Fear makes me cautious. Fear is an overwhelming quality and comes up when least expected. Now, I'm trying to practice being mindful of what I'm thinking so that there is no room for fear.

“I try to make the most out of all the L@W meetings and other satsangs I attend. I try to learn at least one thing from the discussions and internalise the messages.”

Never lose the sight of the Divine Form which you have pictured for yourself. Don't allow the mind to wander on distractions. Be convinced that the distractions of sight and sound are designed to scatter your attention away from the Divine Form. Be on your guard, do not be deluded and never forget the auspicious form. Picture in yourself the Divine Lord, in whom is immersed all creation. What you will experience and when depends upon His Grace. Your mission is to practice one-pointed concentration on

Him ... ~ Baba, Sai Inspires 3rd Oct 2009