



PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

1.22 BEING TRUE TO YOUR ESSENTIAL NATURE

Dharma is being true to one's essential Divine nature, while working in the spirit of harmony and unity, knowing that all things and events are part of an indivisible whole.

IN A PREVIOUS article, we talked about four goals of life that, if pursued properly, could bring us harmony and success in our lives and work:

- *Dharma*: Living in consonance with creation and society
- *Artha*: Generating wealth for oneself and others
- *Kama*: Satisfying basic desires
- *Moksha*: Attaining spiritual fulfilment

As we began to delve into each one more deeply, we decided to focus first on one that provides an important foundation for all the others: dharma. The concept of dharma is very dear to our hearts; that's why we chose to name our organisation the Global Dharma Center. Before we founded this organisation, we sought to more thoroughly understand what dharma meant. Here's some of what we discovered, as we now share on our website:

Dharma is a Sanskrit word that has many varied meanings, depending on the context in which it is used. For us, at its most expanded meaning, dharma is being true to one's essential Divine nature, while acting in the spirit of harmony and unity, knowing that all things and events are part of an indivisible whole. Individually, everything has its own expression of its Divine origin and nature, and has its own purpose, its own role to play, and its own responsibility in harmony with all.

Sathya Sai Baba, a universal spiritual teacher, defines dharma in these ways:

- ... *the unchanging genuine nature of every entity - its essential characteristic*
- ... *the inner voice of God in the individual and community*
- ... *the harmony of thought, word and deed, which results in the purification of our minds and hearts*
- ... *principles and guidelines that are laid down in the sacred scriptures*
- ... *an action which is a translation of a pure idea emanating from the heart*

What does dharma mean in our everyday work? As we've grown in our own spiritual view of life, we've come to see that each person has a unique purpose and role to play in the grand scheme of creation. And we each have special talents and abilities that assist us in fulfilling

that purpose and role. Dharma also includes carrying out our job responsibilities while we serve others and care for the environment.

To help ourselves stay in touch with dharma in our own work – whether we are writing, researching, or providing our services – we’ve developed some “dharmic guidelines”:

For us, dharma is a light, fun, and simple life in harmony with all beings... living from the full awareness that:

- *Divinity is inherent in all of creation*
- *Divine Love is the essential nature – the universal dharma – of all creation*
- *Each person, family, organisation, and society has its own unique purpose and role in a Divine Plan*
- *The dharma of all work organisations is to operate from a spiritual basis, naturally resulting in success that serves the highest good of all*
- *Life works best when we see, love and serve the Divine in everyone, and treat them as we would best treat ourselves*
- *The evidence of living by one’s dharma is a purity and unity of thought, word, and deed*

If an issue or important question comes up for us personally at work, it helps immensely for us to come back to these guidelines as they always help us to know the highest integrity choices and decisions to make.

Whether you work by yourself, with a small group, or in a large organisation, you too can seek to consciously be true to your essential nature – your dharma – in your work. Here are some self-inquiry questions to assist you:

1. *How would I describe my essential Divine nature?*
2. *What is my unique purpose and role in creation, in harmony with my essential nature?*
3. *What skills and talents do I naturally possess?*
4. *What roles and responsibilities do I have when I am working from my dharma?*
5. *Am I acting ethically and with integrity, in alignment with my spiritual aspirations?*
6. *Am I respecting the resources where I work and using them for the good of others?*
7. *Am I supporting the success and harmony of those around me in helping them to identify and fulfil their essential Divine nature?*

This article is an excerpt from the book, *Put Your Spirituality to Work: The Basics*. To download the full book of articles, as well as additional book chapters, articles, workbooks, and research on the subject of “spirituality and human values for leadership and work”, visit our website: www.globaldharma.org