



PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

2.1 SHIFTING TO A SPIRITUAL VIEW OF WORK

How do you currently view your work? And how does that view shape your experiences and decisions? You will find that seeing work from a spiritual view gives you a totally different perspective toward situations.

A FINANCIAL consultant once spent many hours working to secure prospective clients, but was unable to close the sales. His manager told him that either he would need to improve his numbers or the company might ask him to go. The consultant began to view both his manager and his prospects as adversaries. He became sceptical whether his work would ever pay off and despaired about his career.

At this point, we invited him to see his work from a spiritual view. He realised that his spiritual view involved the notion of deep, inner trust. He discovered that when he saw his work situations through the spiritual lens of “trust,” he could release his negative judgments and feel in himself a greater capability to earn and keep another person’s trust.

From this spiritual view, he realised that the work he had done for his prospect was very thorough and trustworthy. He went into the next meeting trusting himself and trusting that his client would see the value of what he had prepared. He got the account, and a whole new track opened up for him for his confidence and career.

How do you currently view your work? And how does that view shape your experiences and decisions?

We have found that seeing work from a spiritual view gives us a totally different perspective toward situations we face, just as it was with the financial consultant. Those “different perspectives” have qualities such as:

- *Appreciating the “gift” of the situation* – there’s less resistance and more openness to explore the opportunities at hand.
- *Broadening time horizons* – it’s easier to see “What’s brought us to this point?” and “What’s the effect on the future?”
- *Having no attachment to a particular outcome* – there’s more creativity and less defensiveness.
- *Rising above dualities and paradoxes* – the situation is no longer a case of “win-lose,” choices.

- *Exercising wise, heartfelt discernment* – decisions are made with a clear, compassionate mind.

So how do you shift to a spiritual view of work? First, define what YOU mean by “spirituality.” Spirituality can mean many things to different people such as:

- Tapping into a deeper meaning in life
- Having a relationship with the Source of creation (i.e. Brahman, God, Allah, etc.)
- Being “fully conscious” of the Source of life and living from that awareness
- Living in harmony with the essential nature and inter-connectedness of creation
- Inquiring into the nature of one’s true Self
- Experiencing oneness with Divinity
- Living all aspects of life according to a set of religious principles

Second, expand on your definition. If your definition of spirituality is “having a relationship with the Source of creation,” then you might expand on it by saying:

For me, there is a single “Original Source” of all Creation. People, and all creation, are embodiments of Divinity. The purpose of life is Oneness with the Divine.

Third, review your expanded perspective of spirituality and see if you can find a 1-to-4 word “theme” for it. This theme is your “spiritual context” – the ‘container’ or ‘frame of reference’ within which you view and experience your work. A theme that runs through the above example is *Oneness with the Divine*. For the financial consultant, the theme was “Inner Trust.”

Fourth, put this spiritual context to work by asking yourself: *What is a situation I face at work that I would like to see and act upon from a spiritual view?* With that situation in mind, quietly bring the theme of your spiritual context into your present awareness. Without attempting to solve or change the situation, examine it from the perspective of your spiritual context, asking yourself: *How does this situation look from my spiritual context? What would I think, feel, say, and do from my spiritual context?*

In summary, ask yourself: *What is my own personal definition and understanding of spirituality? What is the theme of my spiritual context? What difference do I see in my work situations when I shift to a spiritual view?*

This article is an excerpt from the book, *Put Your Spirituality to Work: Book 2 – Work as a Spiritual Practice*. 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