



# PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

---

## 1.2 START EARLY, DRIVE SLOWLY, ARRIVE SAFELY

How can you bring your spirituality to work and express it in everything you do? Our spiritual teacher often advises, “start early, drive slowly, arrive safely.”

**FRED SCHWETTMAN**, former president of the circuit technology division of Hewlett Packard, once told us:

*We had a discussion one time about values and beliefs in our staff meeting. I think one of the most important things we can do is to articulate what our personal purpose is – really trying to understand what we’re doing to grow, and to work on that. An example could be for me to know God or to find love associated with God and to practice that in whatever I do.*

Some people hesitate to have this kind of open discussion about spirituality at work, because they would be sharing a very personal part of their lives and they fear bringing up religious differences. But it’s also an important and rewarding level of dialogue with others – one that can make work much more meaningful and motivating.

How can you bring your spirituality to work and express it in everything you do? Our spiritual teacher often advises, “start early, drive slowly, arrive safely.” Some of the ways we have found to apply this wisdom to spirituality at work is to:

**“Start early”** by focusing on your own inner development and embodying what you personally find most relevant and energising for you. Strengthen your own inner awareness and confidence about your spiritual path and what’s best for you. This is a time to have generous compassion for yourself as you start to integrate your spirituality with your daily work.

In short, ask yourself: *How can I strengthen my inner awareness and ability to embody my spirituality at work?*

**“Drive slowly”** first by building a supportive community. Create for yourself an accepting and nurturing environment in which to try on new ways of being and working. Share your spiritual thoughts and feelings with a select group of people who can understand and encourage you in this growth. As you share and explore your spiritual views with such people, you will gain the self-confidence for sharing with a wider range of colleagues,

friends, and family in the future. By doing this you will slowly, but surely, begin to build a supportive community of people around you.

In short, ask yourself: *Who can I share my spiritual ideas and experiences with in order to receive wise, supportive reflections?*

Also, “**Drive slowly**” by beginning to put your spirituality into action at work one day at a time. At the start of each day, select one or two areas of your work to specifically apply your spiritual principles to. Be aware of your inner motivation and notice how that shapes your thoughts, words, and deeds. Offer your creative best to the people you work with based on your spiritual motivations and unique perspectives.

In short, ask yourself: *What can I do to put my spirituality into action today at work?*

“**Arrive safely**” by noticing how the quality of your work life is shifting, slowly but surely, week after week. Continue to build on the confidence and strength you’re gaining. Feel appreciation for even the little steps you take toward your spiritual growth. It can seem that applying your spiritual understanding at work may be happening very slowly, especially in the beginning (we sometimes describe the process as “watching the grass grow”). However, if you stay with it day by day, before you know it, you’ll be very surprised at how far you’ve come.

In short, ask yourself: *How can I acknowledge the growth in myself and others as we live our spirituality at work?*

Is it really possible to live and work according to our spiritual view of life? Joanne Zimmerman, CEO of a major hospital in the USA, assures us:

*It's easy for our spirituality to be part of the workplace if it's is a sincere part of our context and who we are. If you wish to raise spirituality in a company, people must first experience it through you. Then they can accept it, and then reproduce it.*

---

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](http://www.globaldharma.org)