



PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

1.4 "TUNING IN" TO WISDOM

Tuning in to your conscience naturally leads to thoughts, words, and deeds that are harmonious, full of goodwill, and beneficial to the greater whole – in short, the ultimate source of Self-satisfaction.

WHEN DEBRA managed a software development department years ago, she often gave her employees the motherly advice that “an ounce of prevention is worth a pound of cure.” This wise, old saying is most applicable when it comes to tuning in to our conscience.

Unfortunately, most of us are not aware of our conscience until it “bothers” us. By then, we are typically engaged in difficulties that require extra time and energy to clear up. And yet, it is possible to pro-actively tune in to our conscience, allowing it to be our daily friend and guide.

Why should we bother to tune in to our conscience at work? As we shared in an earlier article, our conscience provides guidance that comes directly from our inherent spiritual nature. It is the voice of our spiritual heart, our truest Self. Tuning in to our conscience naturally leads to thoughts, words and deeds that are harmonious, full of goodwill, and beneficial to the greater whole – in short, the ultimate source of Self-satisfaction and peace of mind.

So, how do you best tune in to your conscience at work *proactively* (rather than just when it bothers you)? For some, you may already have a practical way you have been taught to hear what this wise inner voice is telling you. If so, spend some time each day strengthening this skill so that you can, with confidence, listen to your conscience throughout your workday.

For others, this may be a new awareness, and you would like to gain the skill and *pro-active* habit of hearing this voice. If so, first become aware of the indicators that your body, emotions and mind give you when you are “tuned in” to your conscience. Those indicators are reflected in phrases like:

- Body: “I felt like a weight was lifted from my shoulders.” “I suddenly breathed easier/deeper.”
- Emotions: “I felt such inner peace and gratitude.” “I felt a quiet courage.”
- Mind: “I knew this solution would be good for everyone concerned.” “I knew it was my spiritual heart guiding the process.”

Take some quiet moments for the next few days to see if you can notice the body, emotion and mind signals you get when you have tuned in to your conscience. Write down anything you notice that will assist you in growing in your awareness.

Another valuable step is to try this exercise, altering it as you gain experience to best fit your needs:

1. Find a quiet time and place during your workday (yes, this may be your biggest challenge in the process!)
2. Pose a question to your conscience
3. Write down whatever answer you “get” inside, no matter what it is
4. Notice your body, emotions and mind signals
5. Continue this process over the course of a day or two if necessary, until you know your answer has come from your conscience
6. After you take the action your conscience has guided, notice how things turn out and use that feedback to fine-tune how you hear your conscience

Ask yourself: *How can I strengthen my ability to tune in to my conscience throughout my workday?*

Even with all this, at times you might find it difficult to clearly distinguish the true voice of your conscience. For example, William once worked at an international management consulting firm that did a great deal of work with the US Department of Defense (DoD). One day he was offered a promotion to a position where he would have to market and manage DoD projects. At first, he felt this was against his conscience, since weapons projects were a possibility; so he turned down the promotion.

However, that evening, his conscience bothered him and he was quite confused. After all, it had felt like the “right” thing to do. He listened more deeply and realised that his conscience was guiding him not to avoid military work, but instead to accept the promotion with the affirmation that only “life-affirming projects” would come his way. And that’s how it turned out!

With practice and patience you’ll be able to easily “tune in” to your conscience, making it a learned skill and a natural habit. What better friend and guide could you ask for?

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