



PUT YOUR SPIRITUALITY TO WORK

Conversation Starters for the Workplace

1.27 FEEL THE DIFFERENCE

When we work in resonance with our true spiritual nature, we will set the tone for our relationships. We will “feel” the difference inside ourselves rather than striving to “see” the difference in the external world.

A friend of ours, who likes to share inspiring messages about spirituality in the workplace over the Internet, sent us an e-mail he had received and asked how we would respond:

I find it very difficult to practice the human values of truth, love, peace, righteousness and non-violence at work or to trust anyone at work. My colleague who I considered my best friend betrayed me, so I cannot be sincere and tell everything that is in my heart or my mind because she is not sincere. It is the same with other colleagues, I have to lie sometimes, which is something I hate doing.

Our friend’s question prompted a great deal of reflection on our part. Feeling betrayed by a best friend at work can be a very painful experience and can cause us to lose faith in the goodness of others. It can also weaken our resolve to practice goodness ourselves, in reaction to how others treat us.

This reminded us of the tendency we often have to smile when someone first smiles at us; but we rarely smile when someone scowls at us. We often let others “set the tone” of a relationship, rather than taking the firm initiative to create a relationship based on our own high standards. To us, that means expressing our selves with courage and resolve in accord with our true, spiritual nature.

Reflecting further, our thoughts went to the epic teaching that Krishna gave Arjuna in the *Bhagavad Gita*. Arjuna was overcome with grief in the middle of the battlefield and did not want to fight. Krishna dispelled Arjuna’s delusions by elevating his awareness of his true, spiritual nature: that we are the Divine spirit (Atma) that inhabits the physical body, not the body itself. Jesus gave this same teaching to Nicodemus, a well-respected Jewish leader who asked Jesus for spiritual wisdom.

What difference can this awareness make when faced with the ups and downs of relationships at work? Ashoke Maitra, former Director of Human Resources for the Times of India, spoke to us about how he addresses this in the corporate world:

We are telling people that, “Yes you have joined an industry. Yes, you need your children, family, a certain amount of technology, and money to survive in life. Yes, you

must have, but this is not all there is. Your true joy will come in your own spiritual realisation. The real joy comes when you are in touch with your original self. If you are happy by your own self, then anywhere you go you will be happy.”

When we express our inherent spirituality in our daily work (which we like to call “working from the inside out”), we naturally begin to practice human values such as:

- Extending unconditional love to others, no matter what their attitude or actions may be
- Speaking honestly in ways that resolve issues and bring people together
- Feeling peaceful whether our circumstances are positive or negative
- Seeing others as spiritual beings, even though they may not be aware of it
- Seeking to find harmonious solutions

Working in resonance with our true spiritual nature helps us to realise that what is “internal” is more important than what is “external”. We will “feel” the difference inside of ourselves, rather than striving to “see” a difference in the external world. Wayne Dyer, a popular international author who wrote *You’ll See It When You Believe It*, shares how we can “feel” the difference inside when we stay true to our spiritual nature:

You will find yourself slowing down and living in that quiet inner space where you can appreciate what comes your way. You will know in your heart that you need not be threatened by the view or actions of anyone else. You will find it easier to accept contrary views, knowing that you are not defined by anything or anyone external to yourself. You will eliminate conflict and confrontation as you find it unnecessary to prove yourself to anyone. You will discover things about yourself that you have perhaps not considered before.

So, ask yourself: *What difference do I feel inside when I am living true to my spirituality at work?*

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