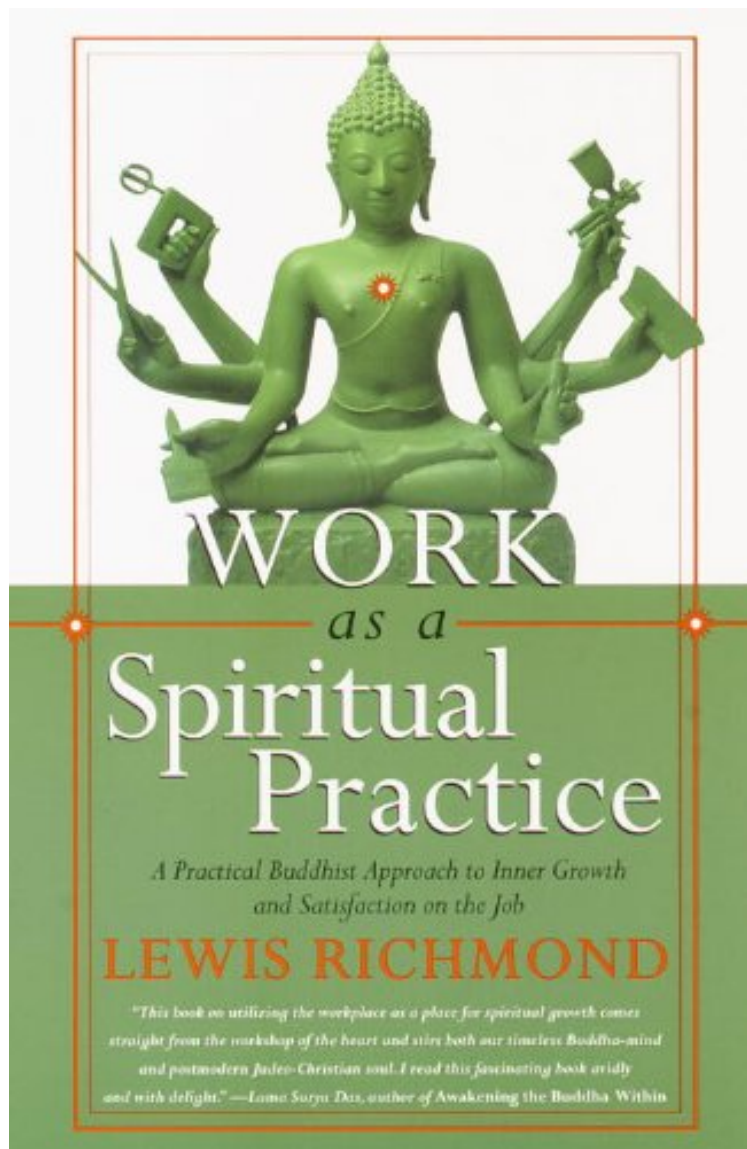


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## Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job

Lewis Richmond

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**Lewis Richmond : Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job** before purchasing it in order to gage whether or not it would be worth my time, and all praised Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job:

1 of 1 people found the following review helpful. Rigorous, relevant, and practicalBy JoyceRichmond, a veteran

corporate executive and former Zen Buddhist priest, says that people are skeptical about spiritual practice at work. A student of Shunryu Suzuki Roshi, he uses four categories (conflict, inspiration, accomplishment, and stagnation) to show how Buddhist principles can mitigate workplace problems. He cites studies that the average American works 150 more hours per year than she or he did 80 years ago; so a creative relationship to this time is surely needed. His Zen background gives the book rigor, and his business acumen keeps it relevant and practical. I particularly like his simple, workable methods for dealing with worry and with anger. And my favorite quote is: "To be present is the most fundamental generosity of all." 0 of 0 people found the following review helpful. A Most Applicable Book Regarding the Significance of Our Place in the World with the Aid of Spiritual Awareness By timothy j. silva It is a most interesting book and has so many applications to the working (and retired) individual. Great read 0 of 0 people found the following review helpful. A good resource By Dani TI read this book at a time when I was making an important career decision. The inclusion of mini practices and the simple distillation of the teachings was useful to me, and I continue to consult it from time to time.

A guide to developing and maintaining a spiritual life on the job, drawn from the teachings and practices of Buddhist tradition. Most people associate Buddhism with developing calmness, kindness, and compassion through meditation. Lewis Richmond's *Work as a Spiritual Practice* shows us another aspect of Buddhism: the active, engaged side that allows us to find creativity, inspiration, and accomplishment in our work lives. With over forty spiritual exercises that can be practiced in the middle of a busy workday, *Work as a Spiritual Practice* is based on the principle that "regardless of your rank and title at work, you are always the chief executive of your inner life." Drawn from the author's diverse professional experience--as a Buddhist meditation teacher, business executive, musician, and high-tech entrepreneur--*Work as a Spiritual Practice* addresses a wide variety of on-the-job problems. Here you'll learn how to: perform spiritual practices while commuting to and from work meditate while sitting, walking, or standing--a minute at a time understand ambition, money, and power from a spiritual perspective *Work as a Spiritual Practice* is an essential guide for anyone who wants to bring his or her spiritual life and work life together. From the Trade Paperback edition.

.com Spirituality at work? Isn't that the oxymoron to end all oxymorons? Not according to Lewis Richmond, a veteran corporate executive and former Zen Buddhist priest who convincingly disputes the phrase's inherent contradictions in *Work as a Spiritual Practice*. "Even people who are comfortable with the notion of spiritual practice," he concedes, "are skeptical when I say that it can be done not just at home or at a retreat center but in the workplace." Nonetheless, he maintains, "this book is based on the premise that it can be done, and the circumstances and challenges of our work life can be transformed into opportunities for inner growth." After explaining how common mental and emotional experiences can be parceled into four distinct categories (conflict, inspiration, accomplishment, and stagnation), he effectively shows how Buddhist principles might be employed to mitigate related problems and enhance associated opportunities. The bulk of this satisfying book is divided into sections that correspond to these categories, with each exploring appropriate practices followed by real-life examples that illustrate their power and applicability. Recommended. --Howard Rothman From Publishers Weekly According to the studies Richmond cites, the average American works 150 more hours per year than she or he did 80 years ago. As the dominant force in our lives, work brings with it stress, worry and other pressures that cause us to lose focus on our inner selves and to be controlled by the external forces of the workplace. Zen monk and business entrepreneur Richmond contends that approaching work as an expression of one's spiritual life, rather than as simply a job that one must slog through, will make a difference in the quality of our lives. (When we see our work through spiritual lenses, we might even quit our jobs and find a better one, says Richmond.) After opening chapters in which he discusses the value and practice of Buddhist meditation, Richmond shows how this spiritual practice can be applied to work. In a second section, he explores such issues of conflict as stress, worry and anger and suggests practical ways to deal with each. He then examines the ways that boredom, failure and discouragement lead to stagnation in the workplace. Two final sections discuss elements of "inspiration" and "accomplishment," including ambition, forgiveness, generosity and gratitude. Each chapter contains a set of "practices" to incorporate into our daily work. In lively prose, Richmond argues that "the details of our workday contain within them any number of gifts for our spirit, if only we would allow ourselves to receive them." Copyright 1998 Reed Business Information, Inc. From Booklist The principles of the Protestant ethic and its message that work is good played a role in helping capitalism gain a foothold at the start of this century. As the century ends, Richmond's message is that we should embrace Buddhist tenets to help transform free-market capitalism, "the most dominant system of human commerce," to include spiritual as well as material values. Richmond lauds the empowering aspects of capitalism and says the free-market system "brings out the best" in people. He acknowledges, however, that it sometimes also brings out the worst, but that Buddhism can help reconcile this contradiction. After Sausalito-based Richmond lost his job as executive vice-president for catalog merchandiser Smith Hawken, he started his own company producing inventory-management software. He is also an ordained disciple of Buddhist teacher Shunryu Suzuki, heads a meditation group, and cofounded the Buddhist Business guild of San Francisco. Here he

explains what "spiritual practice" is and details the four sectors of the "Energy Wheel," showing how "to move around and through" conflict, inspiration, accomplishment, and stagnation. David Rouse