

Mindfulness and Meaningful Work Explorations in Right Livelihood

Right Contemplation: Using Mindfulness to Find Meaningful Work

Claude Whitmyer, Editor and Contributor

*An earlier version of this essay appeared in *Mindfulness and Meaningful Work* published by Parallax Press in 1994.*

The essays in this book represent the shared human experience available to help us understand the concept of *right livelihood*. However, the primary source of your own knowledge of right livelihood is your personal experience in seeking and finding it. Your ability to understand and implement right livelihood can also be greatly influenced by working with others who are also seeking it.

My own focused efforts working with others to support right livelihood began when I became coordinator of the Briarpatch in 1984. Working closely with these right livelihood practitioners exposed me to its realities. And, as members of the Briarpatch began growing their businesses and hiring employees, they were in need of longer-term, deeper relationships with their advisers. Many became my clients and as we worked together, I was increasingly called upon to help them apply the values of honesty, openness, and community to the problems and concerns of their workers.

Instead of simply dismissing a worker who didn't measure up, or who had difficulty getting along with others, I pushed to experiment with ways to help them discover the self-reflection and self-development. The thought was that this would allow them to discover or clarify their own right livelihoods, do what they really loved and still

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Phil Henry



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Rethinking Adult Career Development Laura L. Bierema, 2024-07-05 Rethinking Adult Career Development explores the challenges transitions learning and change adults experience as they navigate careers across their lifetimes It considers what happens when adults realise they have chosen the wrong career lose their jobs experience injustice and discrimination or are forced to make career shifts for which they are underprepared *New Pioneers* Jeffrey Jacob, 2010-11 Practically everyone I know is nursing fantasies about escaping the life they're trapped in and creating one that makes more sense writes the editor of Utne Reader in a recent issue The people I most admire though are those who actually do it who break free and pursue a higher calling no matter how great the risk *New Pioneers* is about one such group of people the hundreds of thousands of urban North Americans who over the past three decades have given up their city or suburban homes for a few acres of land in the countryside Jeffrey Jacob's new pioneers are ordinary people who have tried to break away from the mainstream consumer culture and return to small town and rural America He traces the development of the movement and identifies seven different kinds of back to the lander the weekender country romantic purist country entrepreneur pensioner micro farmer and apprentice From over 1 300 survey responses interviews and in depth case studies at both the regional and national levels of representative back to the landers Jacob analyzes their values use of appropriate technology family division of labor on their acreages and predisposition toward environmental activism Jacob finds that back to the landers for the most part are not completely independent of the mainstream economy and consequently their lives do reflect the contradictions between the available conveniences of a high technology culture and the movement's goals of self-reliant labor He analyzes their ambivalent attitudes toward technology hoes and shovels versus mini hydroelectric systems wood stoves versus microwave ovens and so on After examining the experiences of the back to the country people who live on the margins of a postindustrial society Jacob creates a clearer appreciation of the preconditions necessary to translate the idea of sustainable living into concrete action on a society wide scale While *New Pioneers* describes an important social movement it also shows how far a group of highly motivated individuals and families can go by themselves in breaking away from the prevailing consumer culture The dilemmas frustrations adaptations and triumphs of these neo homesteaders offer valuable insights to anyone contemplating a move back to the land Mindful America Jeff Wilson, 2014 Jeff Wilson explores the diverse ways in which the Buddhist derived practice of mindfulness meditation has been applied in American culture **Mindfulness and**

Performance Amy L. Baltzell, 2016-01-19 Incorporating the theoretical conceptualizations of Jon Kabat Zinn and Ellen Langer this volume illustrates how performers from a variety of disciplines including sport dance and music can use mindfulness to achieve peak performance and improve personal well being Leading scholars in the field present cutting edge research and outline their unique approach to mindfulness that is supported by both theory and practice They provide an overview of current mindfulness based manuals and programs used around the globe in countries such as the United States China and Australia exploring their effectiveness across cultures Mindfulness and Performance will be a beneficial reference for practitioners social and sport psychologists coaches athletes teachers and students **Spring Wind** ,2004 **Work and Spirit** Jerry Biberman, 2000 Work Spirit A Reader of New Spiritual Paradigms for Organizations is a fresh new book of readings that can be used in a rich variety of classes and seminars Space should be reserved for these paradigms on every desk in today s constantly changing and stressful business and organizational environments Jerry Biberman and Michael Whitty have succeeded in bringing together a diverse collection of viewpoints to create a path breaking collection of articles that the current and future workplaces will profit from The research findings and perspectives of over forty experts in this exciting and evolving field are logically arranged into four main sections of Theoretical Perspectives The Individual Within Organizations Organizational and Societal Issues and Applications and The Possible Future *Turning Wheel* ,1996

Adaptation and Developments in Western Buddhism Phil Henry, 2013-08-29 In recent years there has been a growing academic acknowledgment around the world of a contemporary Buddhist phenomenon described as Engaged or Socially Engaged Buddhism SEB It is a contested phenomenon variously associated with finding Buddhist solutions for social political and ecological problems The debate about its origins practice and legitimacy has stirred academics and practitioners alike Firstly does such an approach to Buddhist practice constitute a departure with the past in which case a new expression of an ancient practice is being experienced all around us Or is this really a continuity of practice adapted to inform current understanding given that some would describe Buddhism as always having been engaged *Adaptation and Developments in Western Buddhism* examines the UK Socially Engaged Buddhist experience captured through a series of five case studies of Buddhist groups and a survey undertaken over two years in the field The volume is a ground breaking and benchmark analysis of Socially Engaged Buddhism in the UK drawing for the first time on evidence from practitioner s experiences with which to characterise the previously dichotomous academic debate Ultimately the volume locates Socially Engaged Buddhism in the UK and places it within the broader and global context of an emerging Western Buddhism characterising the phenomenon and its relationships to the wider Buddhist world *A Real Goods Solar Living Sourcebook* ,1996 *Making Work Work for the Highly Sensitive Person* Barrie Jaeger, 2005-05-05 This book gives highly sensitive persons HSPs strategies to build confidence combat stress and find work that is emotionally financially and creatively rewarding Based on cutting edge medical and scientific research this fresh perspective on how readers can secure satisfying careers WEBSITE

Absolute Impact Matthew May,2003 This leadership fable penetrates the deeper issues involved in achieving maximum positive impact in work and life Through an entertaining dramatic dialogue a fading Prince and his three most trusted Courtiers debate the central challenges facing the Princes heir in leading himself toward a bright future of truly significant accomplishment *The Real Goods Solar Living Sourcebook* Real Goods Trading Corporation,1994 Covers power conservation and gear **Take this Job and Love it** Matthew Gilbert,1998 How to turn any job from blue to white collar into an opportunity for spiritual growth and understanding This remarkable book is a celebration of the spirit and an invitation for anyone who has ever found work meaningless or life unfulfilling to discover that in even the simplest and humblest acts there is potential for transforming your daily routines into blessed moments *Everyday Creativity and New Views of Human Nature* Ruth Richards,2007 In this provocative collection of essays eminent thinkers and writers offer their thoughts on how embracing creativity tapping into the originality of everyday life can lead to improved physical and mental health as well as new ways of thinking and experiencing the world *Parabola* ,1976 **Buddhism, Ethics, and Society** Padmasiri De Silva,2002 With an emphasis on cross cultural understanding philosopher Padmasiri de Silva shares the Buddhist approach to contemporary ethical issues such as environmental degradation racism workplace relations violence and suicide This volume is useful as a guide for students and as a modern companion to the discourses of the Buddha

Transforming Self and World Sangharakshita (Bhikshu),Sangharakshita,1995 The Buddhist faith maintains that it is only possible to transform our lives and the world we live in when we are receptive to the influence of higher spiritual dimensions This commentary guides readers through the symbolism and perspective of the Mahayana Sutra of Golden Light The Publishers Weekly ,1994

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