

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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Mindfulness and Meaningful Work Claude Whitmyer,1994 Included are essays by Shunryu Suzuki Beginner's Mind Sam Keen Fire in the Belly E F Schumacher Small is Beautiful Joanna Macy World as Lover World as Self Gary Snyder Pulitzer Prize winning poet and author of The Practice of the Wild and many others Meaningful Work Andrea Veltman,2016-09-20 This book develops the view that meaningful work is central in human flourishing The author defends a pluralistic account of what makes work meaningful arguing that work can be meaningful in virtue of developing capabilities supporting virtues providing a purpose or integrating elements of a worker's life **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 Mindfulness and Money Dominic J. Houlter,Kulananda Houlter,2007-12-18 From two leading instructors in business and Buddhism comes a fresh approach to making peace with your finances and creating true abundance It may seem contradictory that Buddhist teachers Kulananda and Dominic Houlter have also been highly successful in the business arena but they have learned that Buddhist teachings do not require a life of poverty and can indeed go hand in hand with wealth and prosperity Mindfulness and Money brings to light the teachings of Buddha as they apply to the money part of life and shares the stories of others who have found the Buddhist path to freedom creativity and abundance Using the Buddhist Wheel of Life as a starting point the authors explore the mechanism by which desire for money and material things is confining and how mastery of desire can free us to live peacefully with our finances Kulananda and Houlter offer five precepts for living on the Path of Abundance including kindness generosity contentment honesty and awareness Through prescriptive meditations reflections and exercises we can begin to earn and spend more purposefully the key to finding financial peace whatever one's income An enlightening combination of practical wisdom and spirituality Mindfulness and Money is a valuable asset for all seekers

Contemporary Buddhist Ethics Damien Keown,2013-01-11 This innovative volume brings together the views of leading scholars on a range of controversial subjects including human rights animal rights ecology abortion euthanasia and contemporary business practice Nawari Koans Claude Whitmyer,2007-05-15 Nawari Koans is an interpretation on the Wumenguan which is a translation of a Chinese Zen classic called the Wumenguan from about A D 1200 this book will be popular with anyone seriously interested in Buddhism or Zen meditation Authored by the late archaeologist and

anthropologist Robert Fitzwater who interpreted the Zen Koan through his own American life **The Routledge**

Companion to Mindfulness at Work Satinder K. Dhiman, 2020-09-08 Given the ever growing interest in the benefits of mindfulness to organizations and the individuals who work in them this Companion is a comprehensive primary reference work for mindfulness including creativity and flow in the workplace including business healthcare and educational settings Research shows that mindfulness boosts creativity through greater insight receptivity and balance and increases energy and a sense of wellbeing This Companion traces the genesis and growth of this burgeoning field tracks its application to the workplace and suggests trends and future directions With contributions from leading scholars and practitioners in business leadership psychology healthcare education and other related fields The Routledge Companion to Mindfulness at Work is an extensive reference work which will be a vital resource to the fields of management and organizational studies human resource management psychology spirituality cultural anthropology and sociology Each chapter will present a listing of key topics a case or situation that illustrates the application of the themes workplace lessons and reflection questions

Spiritual Literacy Frederic Brussat, Mary Ann Brussat, 1998-08-05 This collection presents more than 650 readings about daily life from present day authors Inside jacket flap **The Lean Micro Farm** Ben Hartman, 2023-11-30 Ben Hartman is a true innovator for the small farm Curtis Stone author of The Urban Farmer It s time to think big about small farms Award winning author and green leader Grist Ben Hartman shares practical how to tips personal stories and surprising examples of cutting edge farmers and innovators around the world to show us how In the early 1970s US Agriculture Secretary Earl Butz infamously commanded farmers to get big or get out In The Lean Micro Farm author Ben Hartman rejects that disastrous suggestion and instead takes up the charge of the late agrarian thinker Gene Logsdon Get small and stay in Taking inspiration from the groundbreaking ideas of E F Schumacher and Mahatma Gandhi The Lean Micro Farm shows how small hyperlocal farms can be both ecologically and economically superior to industrial scale operations geared toward export and commodity markets The Lean Micro Farm details the author s remarkable journey to downsize his farm from one acre to a third of an acre in an effort to prioritize family and community over work all without taking a pay cut In addition Hartman profiles six innovative farmers from across the globe who embody this get small mindset These pioneering farmers show all of us a path toward resilience in the face of supply chain disruption globalization and climate change They model a gentler more ecological approach to farming that produces less waste and uses less plastic petroleum and fertilizer Like his previous two books The Lean Farm and The Lean Farm Guide to Growing Vegetables Hartman s The Lean Micro Farm doesn t just explain why smaller is better it shows readers exactly how it can be done with step by step guides on how to turn a profit from a tiny but productive parcel of farmland Readers will find not just philosophical justifications for a minimalist approach to agriculture but also actionable information for starting your own profitable micro farm including A description of the deep mulch method for building fertility Instructions on two step bed flipping to increase production on a

small footprint A guide for choosing essential tools and technologies with a human face An easy to follow process for making your micro farm lean and efficient A detailed plan for selling 20 000 worth of produce from your backyard It s time Hartman makes clear to pivot to a new kind of farming one that builds upon ancestral knowledge nourishes communities and puts human joy not technology at its center Hartman has revolutionized his methods cut down his work hours dramatically and shrunk the size of his farm all while making a better income Civil Eats

Engaged Buddhism in the West Christopher S. Queen,2012-11-12 Engaged Buddhism is founded on the belief that genuine spiritual practice requires an active involvement in society Engaged Buddhism in the West illuminates the evolution of this new chapter in the Buddhist tradition including its history leadership and teachings and addresses issues such as violence and peace race and gender homelessness prisons and the environment Eighteen new studies explore the activism of renowned leaders and organizations such as Thich Nhat Hanh Bernard Glassman Joanna Macy the Buddhist Peace Fellowship and the Free Tibet Movement and the emergence of a new Buddhism in North America Europe South Africa and Australia

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

Dreamcrafting Paul Levesque,Art McNeil,2003-02-16 A dreamer s guide to turning fantasies into reality teaches five macroskills Aspiration motivation projection inclusion and application required to achieve dreams in the real world

Ocean of Insight Heather Lyn Mann,2016-12-06 Heather Lyn Mann was a battle weary environmental advocate in Madison Wisconsin struggling over what to do about climate change when she and her husband decided to explore the Atlantic on a small sloop This memoir of six years living afloat is a chronological unfolding of disasters and discoveries life threatening storms the boredom of isolation societies on the brink of extinction sinking ships colorful Caribbean characters near collisions a pirate scare and more Throughout the ocean becomes Mann s teacher transforming her with uncompromising lessons on how to harmonize with natural order the exact moments and ways to let in fearlessness resilience happiness impermanence balance compassion skillful action and beginner s mind Her suspenseful sometimes hilarious and always heart warming journey of body and mind shaped by ancient Buddhist teachings entertains as it charts reality s depths and danger zones so arm chair adventurers spiritual seekers and the climate concerned can navigate tumultuous waters and arrive together on the shore of planetary well being

Reason, Culture, Religion R. Pettman,2004-04-02 Reason Culture Religion book provides a systematic overview of the study of world politics The author then locates modernist world politics in its sacral context by discussing Taoist strategics Buddhist economics Islamic civics Confucian Marxism Hindu constructivism Pagan feminism and Animist environmentalism It concludes by asking what a world affairs worthy of the name would be

Characteristics of Compassion: Portraits of Exemplary Physicians Helen

Meldrum,2009-04-08 The healthcare system has turned the art and science of healing into big business and many doctors can no longer devote the greater part of their working hours directly to patient care faced as they are with reams of insurance and legal related paperwork the constant threat of malpractice and a burgeoning patient population Despite this some physicians still enter the profession with deeply held convictions hopes and idealism and go on to excel not just as medical doctors but as human beings Characteristics of Compassion Portraits of Exemplary Physicians is book that profiles the recipients American Medical Association Foundation Pride in the Professions Award It gives insight into what sets these outstanding doctors apart from their peers to inspire medical professionals and their patients It provides first hand insights and identifies a rich description of traits motivations shared by today s leading physicians Romancing the Shadow Connie Zweig, PhD, Steve Wolf,2009-02-04 AN UPDATED EDITION OF THE BREAKTHROUGH BOOK THAT LAUNCHED SHADOW WORK INTO THE WORLD WITH A NEW FOREWORD BY KEILA SHAHEEN AND A NEW PREFACE The classic provocative bestselling guide on shadow work that enables you to peel away the layers of your soul and get in touch with the purity of Being that lies within you Deepak Chopra M D My guiding light The wisdom within its pages served as both an anchor and a compass guiding me toward a deeper understanding of the greater human experience Keila Shaheen author of the bestselling The Shadow Work Journal Beneath the social mask we wear every day we have a hidden shadow side an impulsive wounded sad or isolated part that we generally try to ignore But as therapists Connie Zweig and Steve Wolf show in this landmark book the shadow can actually be a source of emotional richness and vitality and acknowledging it can be a pathway to healing and living an authentic life Romancing the shadow meeting your dark side accepting it for what it is and learning to use its powerful energies in productive ways is the challenging and exciting work that Zweig and Wolf offer in this practical rewarding guide Drawing on the timeless teachings of Carl Jung and compelling stories of men and women whom they have helped in their clinical practices Zweig and Wolf reveal how the shadow guides your choices in love sex marriage friendship work and family life With their innovative methods on shadow work you can uncover the unique patters and purpose of your shadow learn to defuse negative emotions reclaim forbidden or lost feelings achieve greater self acceptance heal betrayal reimagine and re create relationships cultivate compassion for others renew creative expression find purpose in your suffering The shadow knows why good people sometimes do bad things Romancing the shadow and learning to read the messages it encodes in daily life can deepen your consciousness imagination and soul **Development Theory** Jan Nederveen Pieterse,2010 Written by one of the leading authorities in the field the Second Edition of this successful book Situates students in the expanding field of development theory Provides an unrivalled guide to the strengths and weaknesses of competing theoretical approaches Explains key concepts Examines the shifts in theory Offers an agenda for the future In this book the author brings a huge range of experience and knowledge about the relationship between the economically advanced and the emerging developing nations *An Introduction to Buddhist Ethics* Peter Harvey,2000-06-22 A systematic

introduction to Buddhist ethics aimed at anyone interested in Buddhism *Critical Development Theory* Ronaldo Munck, Denis O'Hearn, 1999-03 In the late 20th century there has been a rethinking of the whole concept of development including a growing awareness of its gender cultural and environmental dimensions and the impact of globalization The contributors to this volume seek to extend these debates to a more fundamental level tackling such issues as the crisis of development as an intellectual and practical project the need for a break with development as a Eurocentric concept and the viability of alternative non Western forms of development The contributors aim to transcend critiques of development which simply engage in a blanket dismissal of the whole enterprise and instead offer ways of re engaging with reality that despite globalization is still a dimension of the late 20th century *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

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