



SPIRITUALITY

IS DIFFERENT FROM RELIGION

SOME WAYS TO ENCOURAGE SPIRITUALITY

**There are five ways that people can be affected profoundly,
PHYSICALLY EMOTIONALLY INTELLECTUALLY SOCIALLY SPIRITUALLY**

Of these spirituality gets the least attention at work. Interestingly enough this is an area where people's vitality and creativity is most and easily available. If this area is not supported, encouraged, and paid attention to, the business is left to run mechanically. The business will probably do fine. What is fine - struggle along? - fight endlessly to maintain market share? - maintain a quarterly profit mind-set? Authority conflicts/hassel.

The child within us, others, and the children that we raise need to have free contact with their spirituality. Not to do so is experienced as having one's soul eroded. In the workplace many people feel dead, like robots, and lack energy, creativity, and cooperative feelings. How is business affected by people's loss of spark?, cooperation?

There are some simple things that can be done with ourselves, our children, and with everybody in the workplace. They may seem trivial - however the effect of these involvements is profound and can change the creative atmosphere in the work place..

- 1. LISTEN to yourself, and to others carefully. Listen for the hidden joys, success, wins, pains, losses, feelings, that do not always get paid attention to in the busy world of work.**
- 2. IMAGINATION is the foundation to creativity. How often is fantasy, imagination, dreaming, creativity dismissed as "silly" or "dumb" or "stupid"? How does business lose?**
- 3. RITUAL observance is a method to "center" oneself and calm down from the chaotic nature of busy work. Simple breathing meditation can be taught to and be done by anybody. That one is not rocket-science. Ritual compliments are often the first to go under pressure. Some people feel "entitled" to a "guilt-free" rude when over-stressed.**
- 4. CONTACT WITH NATURE is vitally important in urban settings. Do you keep, or encourage, plants, flowers, and greenery to be kept in the workplace? Is there a garden? Do lunch areas have plants and greenery? Pick hotels that have abundant greenery for company events. Use country hotels for retreats instead of in the city. Have an aquarium.**
- 5. DREAMS, that is, night sleep dreams, are a significant part of most people's lives. If people work in an atmosphere where talking about dreams is defined as "crazy", irrelevant", or "weird", then that part of their creative inner life is lost to the workplace.**



If creativity is "off-limits", people know it and the business climate is the loser.

