



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

Lewis Richmond

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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.

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From Reader Review Work as a Spiritual Practice: A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job for online ebook

Sheila Callaham says

What makes Lewis Richmond's "Work as a Spiritual Practice" so compelling is that he has both perspectives: that of someone who spent 15 years as a Buddhist priest and meditation teacher and that of someone who successfully navigated the corporate world.

Whether or not you understand or embrace Buddhism is irrelevant -- the thoughtful stories and explanations are for anyone wondering how to manage the stress and discontentment often found in the working world. My only additional input would be that sometimes a work environment can be so toxic that no amount of meditative practice will make it easier or healthier to endure.

Note: If you are prone to skip Introductions, don't! Richmond's short intro about the shiny blue grasshopper is very powerful! You won't want to miss it!

Steve says

Can't hurt.

Mercedes says

This book is packed with simple but powerful suggestions to help you keep your spiritual center at work. This week I am trying out the stopping once an hour and watching my breath for one minute tip. Richmond seems to understand the real workplace and has lots of practical tips and techniques to keep you focused. I particularly liked this introduction to the chapter on failure - Failure is not failure. Success is not success. Today is not tomorrow. You are still you.

Devika Koppikar says

I loved how he talked about the least stressful job was a violin-repair person. I'd read it again.

Amber Foxx says

I've read this book twice, and will still keep it on my desk at work and read pages as I wait for slow events on my computer to pass. Each time I read it, I discover a new "tool". The practice of the half-smile got my attention today. It's both spiritually and physiologically sound.

What I like about this book is that in reading it one is not just learning *about* Buddhist philosophy, but learning ways of practicing when it is most difficult. It's one thing to meditate at home at night. It's another to integrate that kind of tuned-in awareness into the various interactions and tasks of my workday. In yoga we talk about taking your practice off the mat and into your life. I don't think I could let my work be a spiritual practice without a lot of off-the-job prior training. Richmond could have emphasized more clearly that basic mindfulness meditation is going to be, for most people, a necessary foundation for turning everyday life into an extension of that practice. It's hard to do something so simple. Well worth it, though.

Jennifer says

An interesting and well formulated look at work from a Buddhist perspective. The author provides techniques to use in the workplace to remain in the moment, detach and apply the teachings of Buddha. I appreciated his use of personal examples and his choice to refrain from suggesting that this work is easy. However, some of the examples were trite and a little hard to relate to.

Shoshanna says

This book is a true jewel. I began reading it during a transition at work and it really helped to give perspective. It is practical and inspiring at the same time. I can go back to sections whenever I need a reminder.

Lauri says

This book is fabulous. The author studied in a Buddhist community for 15 years and entered the workforce at age 35. He has a lot of practical wisdom and exercises that can help a person find satisfaction in their current job. I can't wait to start employing these teachings at work.

Tim says

Though at times repetitious, there was some great advice about dealing with stress and worry in the workplace. His real world examples were relate-able and not far fetched.

Tsimplekelly says

My friend and teacher Jerry recommended this book to me. It was a decent book, but I was not aware enough of Buddhism at the time to appreciate it.

Lori Tian Saliata says

Very accessible yet not stripped of meaning. Reminds me of a favorite aphorism: "There isn't spiritual life and every-day life; there is only LIFE." This is filled with very practical and doable exercises to help you through your work-a-day world.

Elyssa says

This book offered interesting perspectives and strategies to address common challenges in the workplace.

Charuga says

I'm not a Buddhist - but found pearls of wisdom in this book. I was compelled to write in the margins, underline and exclaim at the insights. No accidents, this book came into my life when I was in a high stress job. I've re-read it 3 times since then (with more marks in different pen colors)....still relevant, still thought provoking in new ways.

Jennifer Kyrnin says

This book was given to me when I was very stressed out at work. And while the intention was good, it ended up stressing me out more. :-/ It may sound funny, but I found the advice in the book to be difficult to implement when I was having trouble even sleeping because of the demands of my job. And trying to transform that stress into meditation just added more stress for me.

Now that I have a job that I love and can really use as a spiritual practice, I understand the book a lot more. But this is definitely not a book to help someone learn how to be less stressed by their job.

Erica says

Buddhist meditation and spiritual practices in the workplace as a way to approach conflict, stagnation and inspiration at work. Enh -- I wasn't inspired.
