

*My fiftieth year had come and gone,
I sat, a solitary man,
In a crowded London shop,
An open book and empty cup
On the marble table-top.
While on the shop and street I gazed
My body of a sudden blazed;
And twenty minutes more or less
It seemed, so great my happiness,
That I was blessed and could bless.*

—William Butler Yeats

Part 1

IN THE WORKPLACE

The essays in this section explore spiritual practices and how they are useful in the workplace. These essays are intended to be both practical and inspirational. For example, the first essay, “Blessings at Work,” is meant to inspire a transformation in mindset for leaders who are in the process of bringing about change. Our tendency in the face of change is to be judgmental about what needs changing and about those who resist change. Alternatively, a spiritual perspective on change is to bless that which we would change.

Other essays offer ways to think about integrating spiritual values like forgiveness or integrity into the organizations

where we work. In each case you are invited to reflect personally on ways you currently live a particular practice in your work, as well as to consider how it might be incorporated more broadly into your work team or your overall culture. For example, what are ways you personally practice silence in your work, such as when you are stuck for a creative idea? And how might you incorporate silence into team meetings, such as at the beginning of a team meeting, or when a tense moment arises?

Some essays are very broad, such as the essay *Spiritual Evolution at Work* that is based on my research on successful leaders who have a very strong spiritual life, looking at how their careers and their spirituality coevolve over time. Other essays are very specific to a particular field, such as the essay on *Spirituality in Project Teams*, which offers concrete applications to project management teamwork.

The purpose of this section is to offer concepts and practices you can implement in your workplace to bring a greater sense of creativity, connection, and purpose.