



Session 15 – Work

Work is a word that can sometimes feel quite heavy for people, which is so very strange because it's really our responsibility to turn work into the most joyous word that there is. You hear so often that I have to go to work today. That's really something that you have to consider if you are doing it, because going to work is such a big part of our lives. It takes up so many of our hours in our in our whole lives. So why would you go to work and. Yeah, that's OK. I'm going to start. How heavy is it when I talk like that? Is it okay? Yeah, yeah. I want to do that.

I'd like you to think about the way you used the word work for yourself, because I notice very often with people that they say, oh, I have to go to work again today, and I really would invite you to never say that again because you have chosen this work. So when you go to work, you go in the same way that you meditate.

When you're meditating, you're working very hard to pay attention to what you want to pay attention to. So when you go to your job and even if it's a job at the moment that you don't like, okay, that can be the situation at the moment. I expect you will be bringing change to that. We'll be talking about that in a minute. But even if you don't like it at the moment, change it. Go to work and start focusing on how you can bring meditation to the practice. The way you walk in the door, the way you put things down on your desk or whichever way you're working, giving attention to all of the actions that you're doing already brings a different kind of pleasure, not going with your energy to what you don't like in case that's the situation. First of all, stop saying I don't like my work and do the work. That's number one.

Number two is I believe that work is here to transcend ourselves. And I believe that if we really start understanding ourselves as a 'Being', that 24/7 is life. And what is the difference between work and play and holiday and private? And this is, I know, a very, very strange angle for some people, but it is possible to look at things like that, because when you start discovering what you're good at and start making the choices to create a lifestyle, to be able to use those talents. And that might take you another year, another three years, another five years. It might take you another 10 years. What does it matter if you're on the route to create work that you enjoy, then you'll start noticing that life starts flowing. Because you go whistling to your work 'whistle while you work' it's a nice song!

How do you do this? You do this by figuring out exactly where your talents are and relaxing into those talents in any spare time that you have, if you're not already using those talents at your work. Many people say, but I don't know which talents I have. So then start asking your friends, start asking your family, what do you think I'm good at? Because I know this is heavy, what I'm saying, to

be doing work all your life that you don't like, is a criminal act against yourself. And it could be because you're doing it for the social reasons, because it's paying that salary. But if you're getting that amount of money on your bank account every month and you're feeling awful, well, what is more important, your inner well-being or your work?

Take the time. Take a slow pace, but decide now that you will within a couple of years, doesn't have to go quickly, give yourself the time. Let it happen. Lighten up. Start looking for the opportunities. Do not think I can never change my job. Of course you can. You have greatness inside of you. Start going to that greatness. Stop being honest and transcend yourself, because I genuinely believe that work can actually not exist. That private holiday, personal life, work life, if it all comes into a flow, then it all becomes enjoyable because you become the silence behind the awareness.

If you notice that your job is so troublesome, don't get all upset. Now, whatever happens and I know I said it's a criminal act, I meant it kindly to wake up, but start a new path for yourself. And don't pay attention to the salary stroke. Change your lifestyle so that it brings joy to you. And if necessary, discuss that with your partner as soon as possible. Because why on earth would you be doing work that doesn't bring joy to you?

The only way that work can really bring joy is also if it's contributing to this world. If you're doing a job that is derogatory to this planet or to other people, my personal belief is the observer will be seeing that the heart will close and you will not be able to have the inner calm that I believe we can all have. But that can only be in connection with the right actions. So be honest with yourself. And for those of you who already have a beautiful job that they are enjoying. I salute you. And for those of you who haven't had the fortunate situation yet to create that, I encourage you to get onto it.