

# Love the Job You're In!

## Exercise: Sun Breath

- ❖ Stand tall in Mountain Pose, arms at the sides, relaxed gaze
- ❖ Come into full, deep, relaxed breathing
- ❖ Inhale – Sweep arms up to shoulder height (palms facing down) and then overhead (palms facing up, then in)
- ❖ Pause
- ❖ Exhale – Lowering hands to the heart center and then to the sides

Observe the sensations in the body -- The lift of the energy, the vibrancy of the mind, the openness of the heart.



Since most of us spend over 50% of our waking hours in our job, it deeply influences every aspect of our life

- Time we have to spend with family and friends
- Material security, comforts we enjoy
- Places we travel
- People we know
- How we provide for those we love

And with such an emphasis that work creates in our life, we want to have meaning in our work. This can take the form of

- making a positive contribution to society
- creating social change
- working for ethical business practices
- doing environmentally sustainable work
- expressing creativity, aspiration and talents

It can also mean doing what we can at the jobs we have to add to world's atmosphere of peace, love, joy and happiness. This is a life long process, our dharma, and the road can be traveled by using a number of tools and right action, mindfulness and right intention.

## Share your dream! Exercise

## Yama/ Niyama

Like the ten commandments or eight ethical precepts of Buddhism, yogis and yoginis follow the yamas and niyamas to bring fulfillment to life and the practice. Related to work, try examining the following as you consider your own right livelihood while on the job:

- ❖ **Tapas** (Focus or self discipline of the mind and body) – Patience, purification, willpower.

## Exercises related to Tapas

1. Think of three things about your job for which you are grateful
2. Renew your enthusiasm for the work – Think of 5 things you like about your job
3. Find your edge and fully apply yourself – Half Moon Pose example

- ❖ **Satya** (truthfulness) – To ourselves and others – honesty, integrity, genuine authentic thoughts, behavior and communication.

- ❖ **Ahimsa** (non-violence) Do not harm. Treat all life with compassion, loving kindness, mercy and gentleness

Remember that we are working our karma in the workplace also. Everyone and everything is a mirror and full of symbology. Use Satya to not judge yourself or your co-workers, clients or customers. Know that they, too, are working their karma. Everyone is doing the best they can. – In all situations ask, “What do I need to learn about me?”

**The secret to happiness is wanting what you already have instead of wanting what you don't have**

*Inspired by Buddha*

What makes our work right is the quality of heart and mind we bring to it every day.

- ❖ Seek to be of service
- ❖ Joyfully immerse yourself in your work
- ❖ Be at one with the flow of events
- ❖ Be unattached to the outcome

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**YOGA**  
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*Shanti*