

Guided Meditation Instructions:

Take a comfortable upright posture, with your spine elongated and your feet flat on the floor. (pause) And gently close your eyes. Take a few deep breaths (pause) and then see if you can become aware of the feelings and sensations in your body that have been evoked by your inquiry into suffering in the workplace. Notice any tension in your body, any tightening of muscles, any feelings that may be coming from your response to your inquiry into suffering.

And as you become aware of a particular sensation or feeling, notice it for a moment and then allow your breath to flow into that area of your body, relaxing your body in that spot. (pause) Scan your body and breath into any remaining areas of sensation, tension or tightness. (pause)

Now turn your attention to your breath. Allow your breathing to become steady and even and pay attention as it moves in and out of the center of your chest – as it moves in and out of the center of your heart region – the place where compassion arise from. (pause) Allow feelings or images of loving kindness or compassion to arise within you. (pause). Feel the loving kindness moving from your heart region down into your legs and feet. (pause) Feel it moving upward into your arms, neck, face, until it radiates through out your whole being.

Allow yourself to bathe in the warmth and acceptance of your own loving kindness as if you were a child held in a loving mother's or father's arms. (pause) Bask in the energy of loving kindness, breathing it in and breathing it out, as if it were a lifeline, passing along nourishment. (pause)

Wish yourself well and feel loving kindness and compassion radiating throughout your whole being, nourishing your spirit.[pause]

Now that you have established yourself as a center of loving kindness and compassion, you can begin to let these feelings radiate outward towards others. You can direct it towards those who you think are suffering at work - towards people you work with - towards people you don't know - towards people you have a hard time with - or towards whole groups and organizations.

Whomever you choose, visualize their essential selves and then from the center of compassion within you, wish them well - that they not suffer needlessly, that they come to know their true way in the world, that they may experience loving kindness, compassion and acceptance in life. (pause)

As you extend your compassion towards others, notice if you feel called to act in way that will lessen the suffering at work. If an action arises in your awareness, ask yourself if you wish to commit to making such an effort. If so, see if you have skills you can use to overcome the factors that might be impeding you. Then hold all these actions in your awareness and allow them to embody loving kindness and compassion too. [pause] Invite people to come out of meditation slowly and take a few minutes to write down their thoughts, feelings, and experiences.

(Adapted from *Wherever You Go There You Are* by Jon Kabat Zinn & *Loving Kindness* by Sharon Salzberg)



Selected Bibliography

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Biography of Krista Kurth, Ph.D.

Dr. Krista Kurth, co-founder and principal of Renewal Resources LLC, is an organization and management consultant who provides services to individuals and organizations around renewal issues. She has been exploring, conducting programs on, and speaking about renewal in the workplace for over a decade. Her own personal experience and her abiding interest in helping people be more true to themselves at work inspired her original research on spiritual renewal in business. She is committed to working with clients who want to live more authentically, express their core values in their work, and explore how to create organizational environments that support renewal and spiritual development. In addition to her consulting work, she delivers presentations on renewal and spirituality in the workplace at local, national and international events and has contributed chapters to two upcoming books on the topic.

Dr. Kurth has an extensive background in business, organization development, and psychology. Prior to co-founding Renewal Resources, Dr. Kurth also held a range of other managerial and consulting positions, including one with KPMG Peat Marwick. She has also taught Leadership courses in the graduate management program at the University of Maryland University College. Furthermore, she has been conducting research, both personally and academically, since 1985 on the ways in which individuals can and do express spirituality in their businesses.

Krista received a doctorate in Organization Development from George Washington University and her M.B.A. from the University of Washington in Seattle, WA. She is currently on the Boards of 3 charitable foundations and she participates in a number of professional associations.

