

Mindfulness and Meaningful Work Explorations in Right Livelihood

Right Contemplation: Using Mindfulness to Find Meaningful Work

Claude Whitmyer, Editor and Contributor

*An earlier version of this essay appeared in *Mindfulness and Meaningful Work* published by Parallax Press in 1994.*

The essays in this book represent the shared human experience available to help us understand the concept of *right livelihood*. However, the primary source of your own knowledge of right livelihood is your personal experience in seeking and finding it. Your ability to understand and implement right livelihood can also be greatly influenced by working with others who are also seeking it.

My own focused efforts working with others to support right livelihood began when I became coordinator of the Briarpatch in 1984. Working closely with these right livelihood practitioners exposed me to its realities. And, as members of the Briarpatch began growing their businesses and hiring employees, they were in need of longer-term, deeper relationships with their advisers. Many became my clients and as we worked together, I was increasingly called upon to help them apply the values of honesty, openness, and community to the problems and concerns of their workers.

Instead of simply dismissing a worker who didn't measure up, or who had difficulty getting along with others, I pushed to experiment with ways to help them discover the self-reflection and self-development. The thought was that this would allow them to discover or clarify their own right livelihoods, do what they really loved and still

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