

10 Guiding Principles of Spirit at Work

- 1 **Accept—don't resist—change.** Change is the only constant. Understand that chaos is Nature's way and learn to thrive in it. In business terms, this is known as "tolerance of ambiguity;" the spiritual word is "faith."
- 2 **Be conscious of your energetic "ripples."** There is no neutral effect. Every action you take, every thought you think, every word you say affects the world in either a positive or negative way. This is true with or without your conscious understanding. With Quantum physics, we know that at the smallest building blocks, we cannot distinguish matter from energy. Everything is a form of energy.
- 3 **Determine *your* measure of success.** If your work is to occupy the majority of your waking hours, make it be for something that keeps your soul alive. Guard the flame that burns inside you; protect it from the suffocating, endless quest for money. Know the difference between "wealthy" vs "rich." What is your purpose? Each morning, set your intention by saying: My intention is _____ and I wonder how the Universe will help me. Then stand back and watch what happens.
- 4 **Work for human gain, not personal profit.** Your life must be about bringing the world one step closer to completion. Your work is your personal gift to the world. Succeed by working for the *triple* bottom line: people, planet, profit. Trust that if you do this, the Universe will take care of you.
- 5 **You cannot give anything you don't really have.** Stop looking to work/family/friendships for your personal healing. Instead, claim who you are and what you know, and take it into work/family/friendships, and healing will happen.
- 6 **We are spiritual beings having a physical experience,** not the other way around. Remember this when you think there isn't enough time, money, supplies, etc: these are physical constraints we have invented.
- 7 **What we focus on, we draw to us.** What you seek in your heart today—this moment—you will find. Know what is truly in your heart. You create your experience by your beliefs and choices and select interpretations to validate and prove yourself right. Create experiences and interpretations that empower you.
- 8 **There is no such thing as giving/receiving; we share.** Vibrationally, we are one—there is no "them." Empathy and sympathy set us up for judgment and separation. Wherever you find resistance, if you can bring it into your heart, you can transform it. When you meet resistance or discord, you are encountering your purpose—this is what you are here to forgive/heal. Learn to recognize the feeling of "pushing buttons" and see the opportunity for choice.
- 9 **Know who you are and what you stand for.** This is Integrity. Don't look for the world to "get you," you have to "get you" first. People treat you according to the vibration you send out (your truth). Stand up in your authentic self—you are a divine and powerful instrument of the universe.
- 10 **Don't talk it, just quietly do it.** Spoken word is less powerful than action. Spoken word dissipates the energy of action. Speaking your beliefs or knowledge is far less powerful than acting your beliefs in every little way. Just do what you know is right—what is aligned with your intention—and don't talk about it. This is how you will be the change you wish to see in the world—it comes from the inside out.