

The Scoop- May 2009

1. Essentially You @ Work: *Tips to attract and keep work meant for you*

While you are searching for a job or wrestling with a problem at work, what you focus on accelerates or delays resolution. Do you worry about what is wrong (how the economy sucks or your boss makes you crazy) or can you breathe in what is right? Do you stare at a problem (until your stomach hurts) or do you watch expectantly for an answer?

Zen master, poet, and peace activist Thich Nhat Hahn writes, "We often ask, 'What's wrong?' Doing so, we invite painful seeds of sorrow to come up and manifest. We feel suffering, anger, and depression and produce more such seeds. We would be happier if we tried to stay in touch with the healthy, joyful seeds inside of us and around us. We should learn to ask, "What's not wrong?"

I invite you to do the same. In the midst of your career transition or workday explore, "What's NOT wrong?"

- Are you breathing? Is your heart beating? Can you taste, smell, hear, see, feel, and intuit?
- Do you have talents you were born with? Values that matter to you? Passions that interest you?
- Do you have a roof over your head? Food on your table? Friends to share with?
- Did someone share an idea today? Give you a lead? Help you out?
- Are the flowers blooming? Sun rising? Birds singing?

This practice doesn't mean you ignore your problems or pretend they don't exist. You simply shift your awareness to sow solutions. Place your attention on what is not wrong and what you plant will grow!

For more from Thich Nhat Hahn:

- *Peace is Every Step*
- *Taming The Tiger Within: Meditations for Transforming Difficult Emotions*
The Art of Power
- www.plumvillage.org
- http://thinkexist.com/quotes/thich_nhat_hanh/

THE SCOOP is an e-letter from www.brainstormingalamode.com designed to share tips, ideas, and resources for professionals and teams in transition.