

# Religion in the workplace



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BUSTER**

Religion in the Workplace Buddhism is considered to be a religion, a philosophy, and a way of life, allowing followers to implement the practices in their lives any way that they wish. Aside from the basic tenets of Buddhism, such as understanding that suffering comes from desire, the religion also teaches inner peace, joy, and that positive actions leads to happiness, whereas negative actions leads to unhappiness. As such, practitioners of Buddhism are calm, positive, and centered, especially during stressful incidents or moments that people would normally respond to with anger. In the workplace, Buddhism can bring about numerous positive experiences for both an individual and anyone who happens to communicate with that individual. As in any workplace, stress levels and tempers tend to be high; indeed, it can almost be considered proper workplace conduct to tread with caution around one's boss or supervisor for fear of upsetting them or getting on their bad side. Someone who follows the practices and tenets of Buddhism will find it easier to respond to people that often let situations, and thus their emotions, get the better of them. Even during a crisis, a Buddhist is able to remain calm and rational. While in the workplace, they can use these practices to help keep a clear mind so that they may focus on their work and not on the negativity that surrounds them. Similarly, if that one person is calm, they can influence the stressful emotions of others in their surroundings. If a co-worker were to come up to them and speak with anger, the follower of Buddhism would respond in a more gentle way. This has the ability of calming the other person, enabling an emotional change in the work environment. One of the teachings of Buddhism is to face aggression with compassion. " Being aggressive, you can accomplish some thing, but with gentleness, you can accomplish all things (Rinzler)." When

the mood of the workplace is brought to a more peaceful level, more can be accomplished. Though only a few people may feel the effect of the Buddhist's calmness, it is enough to feel a change; furthermore, if just a few more people responded calmly and without anger, they can influence others that they come in contact with throughout the day. The practice of meditation is vital in Buddhism, as this is the way in which people are able to gain their inner peace. An act that does not have to require a lengthy amount of time, a practitioner of Buddhism can find a few minutes during their lunch break to meditate, calm themselves down, and fully ground and center themselves. This small act can be rejuvenating, and it is something that can also be shared with others in the workplace, for those that are interested in the practice. This can promote peace for the individuals, as well as influencing peace throughout the rest of the workplace. Buddhism can bring many positive impacts to one's workplace. It can also make the workplace experience more enjoyable, if not more bearable. By understanding the tenets of Buddhism and meditating when one feels it is required, an individual can enhance their experience while at work. They can be more productive by keeping a clear and steady mind, and by not allowing the negativity of co-workers and customers to get in their way. More can be accomplished for both the individual and the company when positive energy and outlooks are being used to reach their career goals. Works Cited Rinzler, Lodro. "Buddhism in the Workplace." The Huffington Post. N. p., 17 Sept. 2010. Web. 28 Mar. 2011. .