

Doing Business Wisely - How to Make Your Work Soulful

So, you're a businessman or a businesswoman. You work hard, harder than anybody, and those big bucks are your motivation. Maybe you even have a different motivation: excellence and success. The bottomline is you still need something that gives your work life oomph. Something that takes 'huge income and a lavish lifestyle' to a different level. Something that fuses this lifestyle with soul, joy and happiness.

Did you know that business takes more than a good idea and hard work to be successful? There are other elements like creativity, risk taking, thinking outside the box. You need intuition, Two deals that look very much alike might have subtle elements that make them vastly different. How are you supposed to know which one is the right one?

The answer lies in getting in touch with yourself. And by that what is meant is not just emotions, or finding out what makes you tick in life. It means being in touch with your soul, with the silence within. It is the source of creativity and courage. And for this meditation is required.

"We meditate to discover our own identity, our right place in the scheme of the universe.

Through meditation, we acquire and eventually acknowledge our connection to an inner power source that has the ability to transform our outer world." (Being App, Success 2.33)

Life takes courage and creativity to be lived to the fullest. And the life of a businessman, even more so. In a regular job, one is contributing in a small way. In business ventures, one is giving life to something. One is creating something larger than oneself. One has to be doubly responsible; for oneself and the path one's business takes. It is very demanding. One needs tools to cope.

And meditation is one of the strongest of such tools. How can you decide the best course of a sales campaign, which requires thinking outside the box, and the courage to risk money on a campaign, when your mind is cluttered and your soul is tired?

Its not alcohol, relationships, or sex which renew you from the enormous daily task of running a business. It's meditation.

Meditation is an intent to just be. To experience yourself, this existence, the divine, as it is, in isolation from the 'happenings' in your life. It allows you to find your true center, that which is constant within the daily changes in life. When you start to find your true center in meditation, it starts to operate in your daily life and in business challenges as well.

The soul has immense creativity and courage. It is not a question of asking why it has these properties, but to inquire through self-experience. One must attempt to meet one's own soul, to become closer to it, and find out for oneself if it is actually creative and courageous. All it takes

is some curiosity, openness, and some time taken out from your daily schedule to meditate. And one can find a vast source of power and wisdom right there within oneself.

So, in the morning before your jog, do a little yoga and meditation. Have a cup of tea and listen to the birds sing. Reflect on who you really might be, inside. What substance are you made out of? What gives your life a sense of consciousness and aliveness? Where from does the consciousness inside you that illuminates all things emerge from? These questions and activities will help you find your center. Do the same in the evening, for a few minutes, instead of jumping in front of the television and pouring yourself a drink.

“Stillness is the first requirement for manifesting your desires, because in stillness lies your connection to the field of pure potentiality that can orchestrate an infinity of details for you.”
(Being App, Success 2.67)

You find stillness through finding your pure center. Your soul can be still, in and of itself, and feel good and whole, just through its own silence. Such ability to feel whole independent of the movement in your life, the hustle and bustle, failed business deals, etc., is the key to having abundant creativity and courage.

Sometimes your customer simply doesn't seem to want to purchase, your supplier isn't delivering as promised, or the R&D for your new product is behind schedule. Such challenges require creative solutions. Management school might give you some great tools to solve such problems, but applying them requires your own creativity and courage. Where will you get this from, when the challenges of business seem to wear you down thin? It is through meditation and through finding your center.

Find your center to expand the lifestyle of a businessman into something far greater - the lifestyle of a visionary and a hard worker who expresses an x-factor in everything he or she does. Your life will improve, and so will your business, for it is a product of you. Creating something like a business requires tremendous energy, it's generating something worthwhile from nothing. To do all this, you need meditation in your life. Meditation helps you find your true center. And when you find it, it provides inner nourishment to you and allows you to tackle the challenges of business the best way you can.