

Working Meditation

To participate in working meditation can be a great happiness. It is an opportunity to engage in the maintenance and care of our practice center while enjoying our practice of mindfulness. When we wash the cars, or turn the compost piles or chop wood we stay mindful of our breathing and the activity that we are doing. We speak only when necessary and about the work at hand. We can maintain a light and easy feeling as we work. An environment that is quiet can make the work more pleasant and enjoyable. When we work in the garden we get in touch with the plants and nourish our connection to the earth we are living on. Sweeping and mopping the meditation halls we see that we are already practicing to calm our mind and body. Please, do not be in too great of a hurry to get the job done. Our most important contribution to the Sangha is to maintain our practice of mindfulness.

Working Meditation links us to our everyday life, both here and when we return home. As we are working at our computer or preparing dinner for our family or teaching a class, we can practice stopping, calming and refreshing ourselves with our conscious breathing. We can relax and smile at our co-workers and pace ourselves to maintain a light and serene state of being.