

That Which You Bless

Judi Neal, Director, Tyson Center for Faith and Spirituality in the Workplace
University of Arkansas

Andrew Harvey, author of *The Hidden Journey* and *A Journey in Ladakh*, had a mystical experience in the early stages of his spiritual journey. He felt his body fill with soft light, and then began to hear a voice. He knew it to be the voice of Mother Meera, his teacher. She said:

You cannot transform what you have not blessed. You can never transform what first you have not accepted and blessed.

I wonder how many of us are trying to transform our lives, our work, and our organizations without first blessing them. What does it mean to “bless” something? One definition is to “make holy.” In your work, do you see yourself as holy, as connected to the Divine? Do you see the Divine in others? Do you see the Divine working through the organization?

I believe that an organization has a soul, one that is made up of the collective souls of the people who have worked there and who are currently working there. The Organizational Soul is particularly influenced by the dreams, visions, wounds, and shadows of the founding members, and of the current leaders. To bless your organization means to see the Organizational Soul as holy, even if you are not completely happy with the way things may be manifesting in the moment.

Another definition of blessing is “to ask Divine favor for.” In our spiritual work with organizations, we can pray for our organizations, and can visualize the best possible outcomes.

When I was a manager at Honeywell, we actually had a network of people throughout different divisions of the organization who prayed for organizational healing. We met once a month by teleconference and would talk about what needed healing in each of our divisions. We then would chose a time when we would all commit to prayer or meditation on behalf of the organization. This was not an officially sanctioned group, and there is no way of knowing whether or not our prayers made a difference, but we all felt that it was worth doing.

A third definition of the word “bless” is “to protect from evil or harm.” A friend of mine, who is in charge of Marketing Research at a large bank in New England, is a practitioner of Wicca. It is part of her regular practice to visualize her son, her house, her car, and her company surrounded in protective white light. She says prayers of protection for all of them. In these days of corporate corruption and greed, I imagine that many people are praying that their workplaces be protected from evil or harm. One other very important way to protect your organization from evil or harm is to tell the truth when you see evil or

harm taking place. It is extremely important to take a stand for truth and to not turn your head the other way when you see wrong-doing taking place.

Those of us in the spirituality in the workplace movement are committed to transforming ourselves and our organizations, and to supporting business as an agent of social and spiritual change in the world. Let's make sure that we are blessing ourselves and the institutions that we want to see change. It is all too easy, especially these days, to see business and organizations as evil, soul-less, and full of harm. But if Mother Meera is right, we will not be able to bring about the transformation we envision, unless we:

1. Make our workplaces holy.
2. Ask Divine favor for our organizations.
3. Protect our organizations from evil or harm.