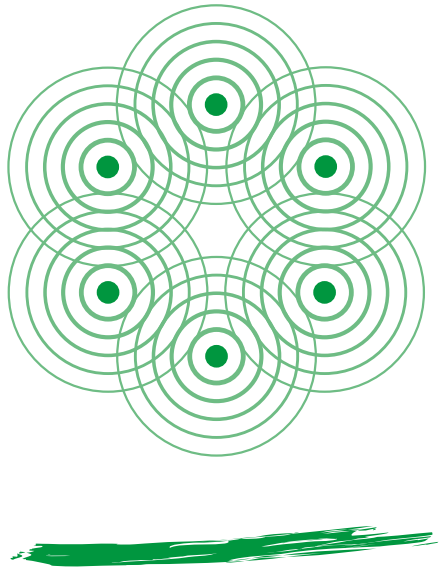


Mindful Business Commitment

ENGLISH VERSION



THE FIRST COMMITMENT

Anchoring my personal practice

In my personal mindfulness and meditation practice, I will practice

- Giving my spiritual practice sufficient time and energy, both in my daily life and by participating in retreats and practice days.
- Keeping my mindfulness alive throughout the day, particularly in difficult situations.
- Finding reliable support for my path from spiritual companions, connecting to a community of practice or Sangha, and seeking contact with teachers.
- Opening my heart and cultivate compassion, loving kindness, sympathetic joy and non-discrimination.

I will stop regularly, return to myself and practice

- Touching, understanding and healing my difficulties, my injuries and my suffering.
- Developing my own personal criteria for success and gradually letting go of any unhelpful external measures of performance or success.
- Freeing myself from the notion that wealth, influence, popularity or sensual pleasures lead to lasting happiness.
- Treating myself kindly, being patient with myself and smiling lovingly at my imperfections.

THE SECOND COMMITMENT

Practicing mindful economic thinking and engagement

In my economic transactions and business dealings, I will practice

- Taking the principles of non-harming and non-violence to heart.
- Cultivating and spreading true happiness, as well as mitigating and alleviating the suffering in myself and others.
- Putting meaning before profit by investing in, creating and producing truly useful goods or services.
- Trying out and living out positive alternatives to dominant economic thought and practices.

I will stop regularly, return to myself and practice

- Not taking refuge in consumption, wealth, fame, power or sex.
- Seeing through dominant economic principles such as growth, success, performance, profit, and competition, freeing myself from unhelpful aspects of these, and integrating healthy alternative concepts into my daily life.
- Letting go of tightly-held positions, ideologies or “truths” and not turning anything – including Buddhist practices and insights – into dogma.
- Recognizing the differences between frugality and stinginess, generosity and extravagance, as well as satisfaction and laziness.

THE THIRD COMMITMENT

Practicing mindful work

In my work, I will practice

- Choosing work that is meaningful for me and makes a positive impact on the world.
- Listening deeply and understanding others.
- Recognizing my limits and finding the right balance between work and non-work.
- Seeing my colleagues, employees, managers, customers and suppliers for themselves and not as a means to an end.
- Cultivating mindful working principles such as impulse distance, conscious transitions, regular (re)turning inward, single-tasking and moments of leisure.

I will stop regularly, return to myself and practice

- Comparing myself less often with others and letting go of superiority complexes, inferiority complexes and equality complexes.
- Concentrating on interconnectedness and togetherness instead of losing myself in competition or getting caught in harmful intentions.
- Disarming unhelpful states of mind such as anger, jealousy or dissatisfaction.
- Developing loving kindness and compassion for myself and others.

THE FOURTH COMMITMENT

Practicing mindful consumption

When purchasing and consuming, I will practice

- Consuming that which nourishes both my spirit and body
- Getting to know my personal shopping cart, taking into account the entire path of a product in order to select wisely.
- Recognizing how much is enough, taming my wants, and wisely choosing from amongst my wishes. I am conscious that increasing demands often lead to dissatisfaction.
- Treasuring the already existing conditions for happiness in my life and celebrate the fullness and richness I already have.

I will stop regularly, return to myself and practice

- Protecting my mind and my senses from advertising and professional manipulation.
- Reminding myself in difficult situations of my breath and my practice, and not taking refuge in alcohol, medicine or other intoxicants.
- Taking good care of my difficult emotions.
- Observing inner and outer impulses in full awareness, slowing my tendency to follow these impulses, and gradually reducing my reactivity.

THE FIFTH COMMITMENT

Practicing mindful stewardship of money and resources

When handling money and resources, I will practice

- Guarding my financial freedom by living within my means and avoiding unnecessary debt.
- Strengthening my inner and outer generosity and learn to give without intention and receive without shame.
- Experiencing and deepen the joy of sharing without expectations.
- Seeing money as a powerful energy that can produce either healthy or unhealthy effects, aware that every dollar, pound, euro, franc or crown that I spend represents my vote.

I will stop regularly, return to myself and practice

- Investing in companies whose products, motivations, methods or working conditions I value.
- Refraining from speculation or betting.
- Giving up return on investment or financial gain as the dominant criteria when handling money.
- Recognizing the joys of a self-chosen simple life.

THE SIXTH COMMITMENT

Acting mindfully in groups and organizations

In my work in and for teams, organizations and companies, I will practice

- Choosing – and creating – healthy working environments.
- Joining together with like-minded people to explore and experience mindful forms of community.
- Seeking wholesome alternatives rather than falling into what is apparently normal.
- Foregoing cleverness, manipulation and calculation and not taking advantage of others' weaknesses.
- Seeing the positive in people more often than the negative.

I will stop regularly, return to myself and practice

- Not preaching to, misleading or exploiting others in any way.
- Observing those who act destructively with the eyes of compassion and seeing in them the pain that is our common human condition.
- Travelling my individual and our collective path of mindfulness with conviction, bravery and modesty.
- Looking deeply into my environment and honestly contemplating it, remembering to keep my sense of humor and inner lightness to support my mindfulness.
- Sharing what I have experienced in my personal practice while conscious that the most effective sharing is embodying mindfulness and transformation myself.

