



illustration by Brother Phap Ban

*Look with loving kindness*, a *gatha* I said to myself daily, came to mind as I walked from the parking lot to my office at Hewlett-Packard. It was a Monday morning in April 2004. I felt the ease of having been at Deer Park Monastery the day before, but the issues of the week came to mind. Though I had prepared for this busy week, I knew my priorities and plans were likely to change quickly. I vowed to approach it with “no mind,” by being the calm lake reflecting all. That lasted about three minutes after I arrived, and then wave after wave of crises rolled in. Conflicts, misunderstandings, dilemmas—it seemed to take every tool in my Dharma

kit to make it through the day. The busy office was my practice environment where feedback was immediate—a wonderful place to grow my practice.

Each week I went back to my work life and sought how to apply the practice. As a product manager in a high-tech company, I had a great deal of responsibility. We worked in a fast-paced, competitive environment, but there was also time to breathe. Walking to meetings and waiting for conference calls were moments when I could practice at work. There were also plenty of opportunities