Contents

	Foreword	*v*
	Acknowledgements	*ix*
	Preface	*xi*
Part 1:	**A New Spirituality for a New Culture**	**1**
1.	Spirituality in the Silicon Valley	3
1.1	Compassion and Service	5
1.2	Mindful Awareness	8
1.2.1	Components of Mindful Awareness	10
1.3	Connection With the Inner-Self	12
1.3.1	Healing the Inner-Self	15
1.4	Spiritual Workplace	18
1.4.1	Principles of Spirituality in the Workplace	20
1.5	Softening Hearts	22
1.5.1	The Heart Center	25
1.6	Questions for Reflection	27
1.7	Chapter Recap	27
2	Spirituality Reduced or Enhanced	31
2.1	Super Hub of Syndromes	32
2.1.1	Fear of Missing Out	34
2.1.2	Escape Mentality	36
2.1.3	Kotzer Ruach	38
2.1.4	Isolation	40

SAMPLE

2.1.5	Insta-Spirituality Syndrome	42
2.2	Spirituality Can Overcome Syndromes	44
2.2.1	Communication	46
2.2.2	Shared Vision	48
2.2.3	Culture of Caring	50
2.2.4	Ability to Adapt	53
2.2.5	Format Everything	55
2.3	Questions for Reflection	56
2.4	Chapter Recap	57
Part 2:	**At the Crossroads of Spirituality and Technology**	**61**
3	Too Much Into Technology	63
3.1	Constant Connection	65
3.1.1	Charge the Creative Cells	67
3.1.2	Spiritual Discipline	70
3.2	Cubicle Chaos and Office Politics	72
3.2.1	Workplace Culture as Culprit	74
3.2.2	Client Expectations	77
3.2.3	Cut-throat Competition	78
3.2.4	Information Revolution	80
3.3	Questions for Reflection	82
3.4	Chapter Recap	83
4	Develop the Inner Leader	86
4.1	Spirituality Needs Supply	88
4.2	Ethical Leadership	89
4.2.1	Introduce and Instill Faith	91
4.2.2	Respect Team Followers and Their Spiritual Values	93

SAMPLE

4.3	Qualities of Inner Leader	95
4.3.1	Challenges and Solutions	97
4.4	Questions for Reflection	99
4.5	Chapter Recap	100
5	Collaborative Team Culture	102
5.1	Team-driven Organizations	104
5.1.1	Collective Buy-In	105
5.1.2	Growth through Self-Managed Teams	107
5.2	Interconnectedness	109
5.2.1	Energy-Sharing Dynamics	111
5.2.2	Share Ideas, Listen Well, Perform Better	113
5.3	Questions for Reflection	116
5.4	Chapter Recap	117
Part 3:	**What does the Technological Future Hold for Spirituality**	**121**
6	Spirituality and Technology	123
6.1	Setting Boundaries	124
6.2	Grounding	127
6.3	Using Normal Language	130
6.3.1	Discussion and Not Discord	133
6.3.2	Diverse Spiritual Backgrounds	135
6.4	Questions for Reflection	137
6.5	Chapter Recap	137
7	What's Trending!	140
7.1	Information Sharing and Networking	142
7.2	Apps	145
7.3	Research	148
7.4	Digital Games	151

SAMPLE

7.5	Questions for Reflection	153
7.6	Chapter Recap	153
8	Enlightened Engineers	158
8.1	Attributes of Enlightened Engineers	160
8.2	Ignite the Inner Spark	163
8.2.1	Words of Wisdom	165
8.3	Questions for Reflection	168
8.4	Chapter Recap	168

नवनीत • SAMPLE