

When You Don't Like Your Job

If you find yourself unhappy with the job you're doing, this is a good time to contemplate whether certain challenges mean you're in the wrong place, or if you're meant to become stronger by meeting the difficulties head on. In some cases, the challenge may stem from being in not-so-good company at work. After all, like your family, you can't always choose the people you work with — although unlike your family, you can always consider changing jobs!

Don't Forget

Your outer world often reflects your inner feelings. If your job is unpleasant, look inside to see whether you have some hidden conflicts about doing that job: Does doing this job mean that you've given up on a greater dream? Do you feel that you are contributing to the greater good of the world through your position, or is the job focused on taking advantage of others or creating something that is harmful?

Considering whether your job is helpful to the world is a difficult contemplation for some. After all, if everyone who did a job that wasn't truly helpful to the world decided to quit, can you imagine how much of the world would stop?

When I first moved to Hollywood after spending a decade of monastic life in an Indian-based ashram, my goal was to use all the skills I had nurtured there — including video production, editing, and scriptwriting — to serve humanity. However, having had no experience with editing or producing videos in the professional world, I also felt that part of my challenge was to accept whatever work God sent my way.

My first television job in Hollywood was editing *Hard Copy* shows on salacious tabloid topics. Then came some fun work while editing a *Candid Camera* show with Allen Funt, followed by a long stint with Disney's *Prime Nine News*, where I was actually able to produce some positive pieces amidst all the intense news stories.

After these jobs came a fairly violent but innocuous low-budget film produced by Arnold Schwarzenegger's best friend, and on the heels of that came editing and associate producing jobs with the television shows *Mighty Morphin Power Rangers* and *X-MEN*. Sprinkled throughout these jobs were other video-related projects, many of which were charitable in nature and beneficial to the world.

All these projects gave me a chance to hone my skills and work with some very talented folks. However, while working on some of these shows, my desire to serve the world with positive creations had to be shifted to the back of my mind.

One day, I picked up a magazine with an article about childhood violence. The article mentioned both shows I was working on as being detrimental in terms of teaching violence to children. I knew that our writers and producers always tried to include good morals and positive teachings in each episode, but the basic storylines still boiled down to some sort of violent confrontation and fight scene. That's part of what made them the top two children's shows of their time!

Reading this magazine article about the negative social impact of these shows brought together many thoughts and feelings I had buried and not fully dealt with. I knew deep down that I couldn't continue doing that work. This realization was part of a life transition that led to a change in career, through which I would be able to share more helpful offerings with the world in works like this book.

Was it easy to make the transition? No. Did I lose much in terms of material acquirements and wealth? Yes. Was it worth it? Absolutely.



Consider

Even if you can't change your job into something you love, you can still do what you love and contribute positively to the world on your own time.