

Here are a few guidelines for such multi-faith prayer gatherings in the workplace that we have found helpful. At the start have a leader explain that:

1. Each of us is free to pray or meditate in silence in whatever way that we normally pray in groups, according to our own personal faith tradition. Please pray authentically.
2. We ask you to listen respectfully, especially to those who may be of different faith traditions. Please wait for each person to complete his or her prayer and do not interrupt.
3. Those who speak should not be viewed as speaking for this entire group. That said, we hope you'll join in solidarity with others' prayers where you resonate with what's being said, in the silence of your own meditation, and in your own way.
4. Please don't view this prayer time as an opportunity to persuade others here about why you believe your religion is better than others.
5. If you pray in a language other than English, feel free to also translate for the rest of us.
6. No one should be feel compulsion to pray out loud or to pray at all.
7. Be patient and allow plenty of time for silent meditation.

Let us know your experiences: contact@religiousfreedomandbusiness.org