

RESTING IS DOING

August 4, 2021 by Cindy Olejar



Resting is Doing - Cindy Olejar

One thing I now see is that pausing, observing, being silent and resting are ways of doing. I used to have expectations of myself of always needing to be active, achieving things and accomplishing my list of to do's each day, but I did not feel fulfilled. I discovered this was because I was not doing the work and tasks with my aligned energy, I was doing too much, too fast and not what I valued.

As I wrote in my article describing what being present is for me, when I am aligned with my true energy I am calm, comfortable, content, open, humble, I am breathing light and easy and my body feels relaxed. I am connected to who and what is in the present moment.

When I am pushing, rushing, controlling and forcing work and tasks, I feel this revved energy that I thought was good productive energy but learned for me it was not healthy and was harming my nervous system and affecting my wellbeing negatively.

I discovered it is best for me to do one task at a time, move and think slower, pause, have silent time and alone time, and do what I value rather than from an expectation I put on myself. Interestingly, I am more fulfilled, and I feel like I have more time in the day.

Here is an activity to explore your thinking mind!

Resting is Doing by GP Walsh

Here is an activity by GP Walsh called Resting is Doing. This activity is not about concentrating, it is about contemplating, which can assist in becoming present. GP says, "With this activity you are not trying to accomplish anything here. You are just watching. And you may be quite surprised how hard it is to do this. You will feel an almost irresistible urge to do something, to think about something, to engage with something, to do anything other than simply observe your own thoughts and feelings. The capacity to truly contemplate, to think deeply, to question assumptions, to have profound insights, to ponder the deeper mysteries of life arises out of our capacity to simply observe.

Watch what? What yourself, from the inside out.

True self-contemplation is an immersion in the mystery of your own being

1. Find a place where you can sit by yourself
2. Turn off all of your mobile devices except your phone
3. Turn off your computers, mp3 players, TVs, the lot of it
4. Set aside all books, magazines anything that engages your mind
5. Put your phone into airplane mode
6. Set your phone's timer for 10 minutes
7. Close your eyes
8. Watch your feelings
9. Watch your thoughts
10. **Just Watch**

What did you experience? What did this exercise reveal to you?"