

SHIFTING FROM DOING TO BEING

Accepting the invitation to shift from “Doing” to “Being” is easier said than done. This is because our capitalist society rewards “Doing” and shames “Being”. Therefore, to support ourselves and our future clients in shifting between modes, it’s important for us to further understand the significance of, and difference between, these two concepts.



Doing

Focus: The job of this mode of mind is to get things done—to achieve particular goals that the mind has set.

The basic strategy to achieve such goals involves something we call the “discrepancy monitor”: a process that continually monitors and evaluates our current situation against a model or standard—an idea of what is desired, required, expected, or feared.

Once this discrepancy monitor is switched on, it will find mismatches between how things are and how we think they should be.

In doing mode, the mind often travels forward to the future or back to the past, and the experience is one of not actually being “here” in the present much of the time.



Being

Focus: The job of this mode of mind is “accepting” and “allowing” what is, without any immediate pressure to change it.

“Allowing” arises naturally when there is no goal or standard to be reached, and no need to evaluate experience in order to reduce discrepancies between actual and desired states.

In being mode, the mind has “nothing to do, nowhere to go” and can focus fully on moment-by-moment experience, allowing us to be fully present and aware of whatever is here, right now.

Once in the being mode, the experience of the moment can be processed in its full depth, width, and richness.

PRACTICING SHIFTING FROM DOING TO BEING...

"Doing mode involves thinking about the present, the future, and the past, relating to each through a veil of concepts. Being mode, on the other hand, is characterized by direct, immediate, intimate experience of the present."

— Zindel Segal



- (1) Acknowledge that you are in a mode of "Doing" by connecting to the task, feelings, and behaviors that you are conducting. Remind yourself that you may be stuck in the past or zooming towards the future.
- (2) Take a deep breath...
- (3) Set an intention to move away from the "Doing" mode and into the "Being" mode.
- (4) Take two deep breaths...
- (5) Give yourself permission to shift into "Being", which may mean pushing through the urges/sensations that are encouraging you to continue to "Do".
- (6) Take two deep breaths...
- (7) Invite the silence – quieting your mind and relinquishing all duties and responsibilities at this time.
- (8) Take three deep breaths...
- (9) Drop into "Being" by reminding yourself that you have "nothing to do, nowhere to go in this moment". Allow yourself to be present in the *here and now*.
- (10) Breathe for 3 minutes.