**Being Rather Than Doing**

**Observe the lilies, how they grow; for they do not toil nor do they spin; but I say to you that not even Solomon in all his glory was arrayed like one of these. And if God clothes in such fashion the grass of the field, which today is and tomorrow falls into the fireplace; how much more is he to you, O you of little faith? *(St. Luke 12: 27-28)***

**The second is a quote from Father Richard Rohr, O.F.M., courtesy of R. M. of Michigan. “It has been a very powerful source of quieting my busy mind,” R. M. writes, “just by being still between each line.” Be still and know that I am God -- Be still and know that I Am -- Be still and know -- Be still – BE. *(Catholic Digest)***

**There’s always so much to do! With so much to do, sometimes it’s nice just to be! That must be why we’re called human beings, and not human doings! *(Tom Wilson, in Ziggy comic strip)***

**There was also one that I can’t find exactly that was very profound. The story goes that the child was seeing his parents busy all of the time, and finally the child confronted his parents and said: “Mom and Dad, I thought that we were called human beings and not human doings.”**

**There is a serenity that comes from being self-sufficient and feeling complete, whole, and satisfied with myself and what I’m doing. It is my contention that all of the other good things we endeavor to provide for ourselves, including sound nutrition, daily exercise, vitamin supplements, material wealth, etc., will be of reduced value unless we learn to live in harmony with ourselves, which means knowing ourselves and finding peace in our own company. This peace is a natural occurrence of spending time alone. *(Susan Smith Jones, in New Realities magazine)***

**One of the Spanish explorer s who sailed to the New World in the wake of Columbus was Alvar Nunez Cabeza de Vaca. De Vaca shipwrecked along the Texas coast, an area inhabited by fierce Indians. Fearing for his life, de Vaca hid by burying himself in the earth, where he remained for several days amid a cold Texas winter. In this condition, he literally could do nothing. When he dug himself out he discovered that something utterly miraculous had occurred: he now had the power to heal. De Vaca then began a trek westward. As he walked, word of his healing powers spread ahead of him. Native Indians would bring their sick to him for healing, and he was thus able to pass through hostile territory unharmed. De Vaca's new ability was ushered in by a physical -- and, we can presume, an emotional and spiritual -- crisis. Buried alive, he could not do, he could only be. And out of this extreme state he was transformed. (Dr. Larry Dossey, in Unity magazine)**

**Father Slavko, the village priest at Medjugorje, Yugoslavia, which has recently become a famous pilgrimage site where miraculous cures are being reported, states that he can sometimes tell in advance who is likely to be healed. They are people who do not appear to be actively striving for healing. They seem psychologically empty, at peace, and receptive to whatever may happen. *(Dr. Larry Dossey, in Unity magazine)***

**Love isn't something you do, love is being. Love is not trying, love is being. Love is not finding the right person, it is becoming the right person. *(Eric Butterworth, in The Commitment of Love)***

**Why is it so hard for us to just be? Surely part of the difficulty is cultural. We all inherit a tradition of assertiveness and a go-get-’em approach to all of life’s problems. This rough-and-ready attitude is parodied around the world: the American cowboy attitude that praises action over reason and thoughtfulness. Could it be that this general approach to life stands in the way of miracles? *(Dr. Larry Dossey)***

**The moment you are being, you’re nobody but yourself. To be nobody but yourself – in a world which is doing its best to make you everybody else . . . (is) the most wonderful life on earth. *(E. E. Cummings)***

**Mysticism is derived from “myein,” which originally meant “to shut the mouth, to close the eyes”--to be silent, to “just be.” (Dr. Larry Dossey, in Unity magazine)**

**Some very interesting information has come to light through the work of a pioneering nurse named Carol Montgomery who is associated with the University of Colorado. She wanted to find out how deeply caring nurses remained healthy while maintaining close relationships with the patients they served. Carol knew that caregivers had been taught and had lived by the premise that they were supposed to care deeply for their clients while not getting too involved because of the very real potential of burnout. In interviewing those nurses who had a reputation for being seasoned experts at caring, she discovered that they “did nothing” in particular that was caring. It was their genuine sense of presence, of being, rather than doing, which established a deep bond between nurse and patient. By letting this be the form of interaction, the nurses found themselves uplifted and nurtured with an expanded ability to tap into energy, love, and wisdom. They did not find themselves depleted or burned out by their deep, caring, close relationship. (Edie Skalitzky, Unity minister, in Contact magazine)**

**Sometimes the only help anyone can provide is just to be beside you in your trouble. (Ashleigh Brilliant, in Pot-Shots)**

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