

SPARK 148

(Matrix Code: **SPARK148.00** for StartOver.xyz game.)

DISTINCTION: When you center yourself in Being, the Doing happens all by itself. This is the middle way.

NOTES: Due to modern culture's orientation most of us, to one degree or another, unconsciously swing back and forth between two polarities of Doing:

Overdrive.

Telling ourselves we are great.

Praising ourselves to ourselves.

Seeing ourselves as heroes.

Manic.

Hyper.

Trying to do everything.

Underdrive.

Telling ourselves we are failures.

Beating ourselves up.

Seeing ourselves as not good enough.

Depressive.

Exhausted.

Revolting against doing anything.

Modern culture identifies *overdrive* as the successful mode, the approved mode, the positive productive mode. You may find yourself ashamed or feeling guilty when the pendulum swings into the other extreme: "Fuck you! I'll *never* do anything more for you again, ever! You can go to hell!"

The thing to notice is that both the *overdrive* and the *underdrive* conditions are all about *Doing*. They are two sides of the same coin, front and back of the same mask.

Overdrive is hammered into us by modern schooling and marketing media so we strive to look good, be happy, make money, have a sumptuous adventurous life, be popular, in short, to win at modern culture's games. This popular manic mode drives an economy that benefits a few, indoctrinating us to ask each other, "*How are you Doing?*" instead of "*How are you being?*"

What is the way out of this culturally-reinforced rat-race?

It is possible to discover that between the *Doing* and the *not-Doing* pendulum swings is an almost-invisible mostly-ignored *middle way*, entirely disconnected from the world of Doing. In the middle way, actions no longer take center stage. Instead actions arise out of an actionless still-point as a side-effect of Being in service to something greater than yourself. Actions arise as a consequence of you Being what you came here to be.

The middle way, the way of *Being*, is not so popular in modern culture because it commences with a broken heart. As the saying goes, "Hearts only work when they're broken." The heart is not broken, of course. It simply means the shell around your heart has cracked open, permitting an experiential empathy with a bigger gameworld. You can then notice what you feel, how others feel, how you are Being, how other's are Being, how the space is Being, what is needed, and so on. Without opening to Being you remain identified with *overdrive* or *underdrive* and never find the middle way.

At some moment in your life you already experienced that between forced-Doing and avoidance-of-forced-Doing is a Being sensation radiating from your heart and soul.

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This space-shift-sensation signals that you are entering the present, Being centered, Being within yourself, Being in your body, Being in a small here in a small now, Being grounded, Being connected with others around you (animal, vegetable and mineral others...), Being connected with the Gaian field that ongoingly informs you about what is wanted and needed by the space.

The connectedness at this middle-way-still-point is a two-way exchange between your specific version of Being and the general field of Being. The exchanging weaves you into an unexpected wealth of previously invisible information webs. You start knowing things that are impossible to know from the overdrive-underdrive-Doing mode, seeing what comes next, seeing who needs what, and how to optimally serve. The more you radically rely on that interflowing web the more available you are to be used by your Pearl, your Bright Principles, and your archetypal lineage.

Through centering yourself in Being instead of conforming to those frantic inner and outer voice-commands to do things (or to resist Doing things) you might, for example, unexpectedly find yourself in your garden-shed replacing a broken handle on the pick-axe. You smell the dirt crusted on the broken wood and feel the cold weight of the steel. And when the new handle fits firmly into the axe head you notice more energy than you had before you started. Is it crucial to replace the handle on the pick axe right now? Probably not. It's been sitting around broken for months. But when Being manifests the Doing, the Doing nurtures you, nurtures others, and nurtures the overall space. The action brings in energy rather than sucking away energy.

After finishing the task, instead of rushing to attack the next thing on your "To Do" list you slide back into your heart, enjoying the centered, present and connected sensations of Being until moved from the still-point into whatever comes next. This is very different from running like a dog after your mind's clever plans.

Two clues indicate when manic-overdrive or depressive-underdrive are driving you. First, there are self-manipulating voices in your head praising how wonderful and sly you are, or blaming how lazy and ineffective you are. Second, the actions take energy away from you, making you exhausted.

When your *Doing* arises from wordless impulses of Being you *gain* energy from the Doing, and you are neither praising nor blaming yourself or others.

EXPERIMENTS:

SPARK148.01 How do you enter Being-Doing? The answer is to step sideways out of the hall of voices. If you stay in the hall, you get stampeded to wherever the loudest voices carry you and have no choice about it. You are a ghost in a whirlwind of ghosts being devoured by demons of Doing.

This experiment is to make a revolutionary shift into stillness, even when the voices and pressures to do things are a riotous uproar.

To start the shift, lie on the floor on your back with your legs and arms spread wide open in a public place, such as the middle of the living room, eyes open or closed. Simply lie down. It does not work as well to do this in your private room. Lie in public

on the carpet and watch the train of thoughts and voices whizzing by your head. Then you wait. If you sleep for a while this is fine. You needed to sleep. When you wake up, keep lying there.

What are you Doing? Nothing. Being.

Why are you Doing nothing? Because you are not a human *Doing*. You are a human *Being*. It is true that you were born and raised in a *Doing* oriented culture. Now you step into unfamiliar territory on a new and different continent, a continent of Being.

What do you have to do to Be?... Now, that's a bizarre question, isn't it?

By lying on the floor, Being, it is easy to detect the imploring voices telling frantic stories giving endless invented reasons to return to Doing.

The urge to be adaptive and do what the voices say may die hard. It is not unlike writhing intensely, vomiting, sweating and shaking from going *Cold Turkey* trying to withdraw from an addiction.

See how soon before you get impulses from the voices to go do something. Your whole body might jerk in the conflict between your experimental intention to lie on the floor Doing nothing and the commands to step back on the Doing treadmill again.

After an hour or two lying on the floor as people walk by you (or not) it might come to you that you are breathing. How often have you not noticed you are breathing? The body breathes all by itself.

If you suddenly wake up to find yourself washing the dishes or responding to emails and don't remember how you got there, this is okay. The voices simply switched you into a Doing Robot again. Simply go back to the floor and start over. It may take 25 restarts over a period of several weeks to build enough mass to stay in Being. Don't expect others to either understand you, or to engage in this experiment themselves. You don't have to explain. Assure people that you are fine, that you are simply making an experiment to shift from Doing to Being. Deep down they will know what you mean.

And when the next voiceless instructions come from Being let the accomplishment and ecstatic creation energies deeply nurture you. The big picture tends to reward participation with surprising synergies, inexplicable coincidences, subtle healings, and gifted moments of unexpected love. Celebrate them!