

## See the Thing That Needs to Be Done (including, Managing the Size of Your *But*) by David

I get together with a bunch of friends for some regular hyjinx, and each time, in order to divide the labor, we choose "captains" to setup and cleanup the space, bring or replenish certain items, etc.

Taking turns is, theoretically, a good way to have everyone do his or her fair share; but I have noticed something. It seems that a select few help out each time, regardless of whether their name is on a list for a particular task... and others do the bare minimum, up to and including-- getting in the way and slowing things down for the assigned taskers, and perhaps even squirreling out of those times that their name is "up".

In this case I happen to have been one who tries to show up early and stay late whenever possible, out of gratitude for what I receive from these get-togethers. I realize I am able to do this kind of thing. It is suited to my strengths. And I acknowledge that others might make up for their part in other ways more suitable to them.

But... (here is another sizeable *but*... and I strive to exercise control of, and manage and decrease the size of my *but*, to the degree possible)... once in a while a lightning fast flash of judgment bolts across my mind as I am sweeping or whatever: *Why does so-and-so need to have his/her name on a list in order to do something?*

I handle my *but* by reminding myself that if I am not doing this task in joy, maybe I ought not be doing it. Maybe I should reframe that thought before it morphs into resentment. Maybe I ought to pay attention to what I am doing. Maybe I ought to mind my beeswax!

That I do, to the best of my ability.

Aannnd... in noting how I admire others who are always showing up... and in being with some relatively newfound pride in accepting that I am becoming one of those people who shows up pretty consistently as well...

... I wish to enter into the minutes of this meeting of minds the question—*What would it look like if we all stepped up to such a degree? What might things be like if we all saw the thing that needed to be done... and did it?*

Didn't wait to get nominated, assigned, roped into it. Required no cajoling, shaming, ribbing or admonishing. Just put our shoulder under the canoe, bellied up to the bar, opened up to a new... casual... way of being where such opportunities to serve the whole were continually sought out and easily dispensed with.

I work with guys who will kid each other, spur each other on—especially one on an off or lackadaisical day—

with a good-natured, slightly sarcastic, "*Don't be afraid of it!*" As in-- don't be afraid of the work, of doing your share. There is "x" amount of work to be done and it needs to get done before we "knock off" for the day.

I like this. Even on the odd occasion that I am on the receiving end of the jab. Because... you can all talk about it for so long. You can give it the once over, the twice over. You can postulate and pontificate. And sooner or later... someone's going to have to do it. Or—face that it might not get done.

I have chosen to be one working toward *getting it done*, and I hope you are with me in this noble endeavor. "*If Not You, Who? If Not Now, When?*" went the unforgettable slogan on the wall of the team locker room at my high school. I have always understood that that motto could help one crank out a couple more *reps* on the bench press... *or*, taken to the nth degree, into a space of increased personal integrity.

Beyond the world of "I got mine" and "It isn't my turn"; across the sea from "It's not my job"; on the far shore that has never heard echoes of "I didn't put it there, why should I pick it up, waa, waa, waa?"...

... is a land where the buck stops with each person, integrity and accountability are increasingly on the rise and greater possibilities reveal themselves every day.

This line of thought goes beyond the tendency of the reticent ones to relegate and dismiss such aspirations and encouragement as hackneyed, clichéd, cornpone and naïve. It becomes one of the simplest, foundational building blocks toward a better world. And p.s., it feels great on the other side of having taken it on.

As we look for the menial... and make it meaningful... we come to understand the satisfaction of serving each other on a *whole 'nother level*. And isn't this who we have come to be?

*"The difference between what we do  
and what we are capable of doing  
would suffice to solve  
most of the world's problems"*  
~~ Mahatma Gandhi

*"Little by little one walks far"*  
~~ Peruvian Proverb

*"Attentiveness  
is the natural prayer of the soul."*  
~~ Nicholas Malebranche

## Flipside: Just Don't Do It, or Where Are You Neil Oblonsky? *by David*

In opposition to, or in balance with, myself and that last article on *doing*... I must grant equal time to my *non-doing* of the last few weeks.

In this I am reminded of the story of Neil Oblonsky, a man I have never met, that was told me as I received the Neil Oblonsky Memorial Intern Award at a tv station I worked at for college credit while attending Ohio State some hmph-hrumph (27) years ago.

It seems this Neil had a charisma and a way of working with people that just transcended the norm (my award was for competent work and instigating chair races through the corridors, irrespective of any lack of this same charm at the time or since). After having left that particular station it was told that Neil went on to become a tour guide in various faraway places and was just a natural. In moving his happy, lobster-tanned, Bermuda-shorts-wearing cadre of charges around whatever antiquities, he was rumored to say things like, "Half of you go with him, half of you go with her... and the rest of you come with me."

The point is not whether Mr. Oblonsky somehow moved seamlessly through life having never mastered fractions (half of you + half of you + the rest of you = all of you plus the rest of you, i.e., more than 100% of those in attendance); rather that everyone got what he meant, divided up according to what had been intended, and had a presumably peachy time.

This sort of peachy time is what I intend for you to receive from my meanderings on these pages, even when I encourage you to do the thing that needs doing in one article, and then extol the virtues of not doing anything, such as I intend to begin doing in this one, post haste.

So, if you allow me to invoke the ghost of Oblonsky-past, please attempt to encourage one half of your self to continue to do the thing that needs doing, the other to consider the following observations, and the rest of you to not get caught up in the math.

In anticipation of how I will return and answer my friend Stuart's check-in call the other day-- asking me how and what I am doing (back at home for the last 6-ish weeks)- I have really been sitting with how you pretty much say, "Great, and not much," in a way that makes any sense.

And make sense out of it all I absolutely do need to do, because I feel this span of time has allowed both Joan and me to break a couple patterns truly worthy of being broken.

The impetus for all of this came from a barrage of stimuli: the resolution of last month's sensations of many of us walking through our "40 Days in the Desert", Robert Scheinfeld's (way beyond "The Secret") book "Busting Loose from the Money Game", a question Joan had posed that I had thought sort of stupid and irrelevant to me... up until the point that it wouldn't let go of my melon (that which you can't be with... won't let you be)... and more.

Her question, by the way, was, "Do you think we each have one thing we are supposed to do [a passion/skill/destiny] that, in the discovery and doing of it, allows everything else to fall into place?"

I had originally brushed that off as, especially in her case, everything she does—art, teaching, healing, scent, intention—seems to get called up in the right proportions, and in many cases, at once, to provide her and others with the best she has to give. So what could she possibly eliminate? What should any of us eliminate from our essence? Silly!... to me upon first contemplation

But her point was not that you might have to cut activities or skills or parts of yourself out, but that focus on the "right" one might allow all to be done... and perhaps with less effort or angst that this or that one is keeping her/us from meeting financial obligations, serving a "purpose", etc. This, for Joan, was more about querying whether a more laserlike focus might serve more powerfully than a split-focus to zone in on our "goals".

There are a lot of quotation marks being thrown around here, and I ought to explain that this is in recognition of the Scheinfeld/"Busting Loose" concept of life lived (and terms chosen) from a Phase 2 (more creator/co-creator of one's limitless chosen circumstances) as opposed to Phase 1 (powerless, limited, victim-like) perspective. Where anything is possible, without fear and limitless, there is obviously no "right" choice, no "goals" needing to be set... only the "purpose" of living out of what looks like the most joy in the moment. Heady stuff.

Sound easy? Try it! And this is where six or so weeks of doing almost nothing that the the left-brained, cause-effect, logical mind can equate to putting food on the table and keeping the lights on... is required to break the habit of fear and doing and not knowing, and all that Phase 1 stuff we have been trying to leave by the wayside.

Oh yes, things are getting done. Stuff is being written and shot and developed, and products and orders are going out... art is being created, gratitude and appreciation are flowing... the land is being tended, and pets and spouse are being given their due... the lights are still on and food-- amazing, lovingly-prepared food,--is being put on the table... and those signs that are promised--that things are shifting-- keep faithfully surprising us.

How long can this last? Unknown. Would a return to old work signify that this stuff doesn't work? Not at all. Just more wrinkles to be worked out and lessons to be learned being provided... for more growth... on the way to more joy... should we not be quite ready for the whole enchilada just yet.

With my whole heart, I encourage each of you to continue to exercise your faith and trust muscles and break your own fear- and lack-based habits. Stand more and more in your power and acceptance of this co-creation of yours. Test out the not-doing... and choose the only the doing that makes your heart and soul sing.

Regardless of the differences in the specifics of how our individual choices play out, this is the fundamental (one might say *only*) principle we have been working with... together in 43 issues of *DoingIt!*... and individually in life (lives?) lived up to this point.

The time for us all... is now, and only now. Our mirror-- that is more and more consciousness, in the form of others accepting this Truth shining back at us-- shows us we are getting it. Take heart. Breathe. Enjoy!

### *The Transformational Fire by Joan*

*Each spring there is a sacred ritual that happens here in the heartland, where neighbors gather together and help one another burn the land. It is a most magical and awesome ceremony to take part in.*

*When we first moved into the country we had no idea what was happening as we drove down our dusty old road and saw flames everywhere. We were in a bit of a panic and then one of the neighbors stopped by and explained the purpose of the burn and how it allowed for new growth to come forth and nourish the animals as well as allowed the seeds to pop and germinate and move deeper into the earth.*

*After the burn everything looked charred, black, yet had a rich and fertile essence to it -- odd in a way but beautiful in another sense. As the weeks passed by the new growth began to pop up and everything felt alive, new and powerful. The inner beauty now coming forth to be illuminated.*

*Lately I have been comparing this experience to my own soul-burns: when I or any of us go through a dark night of the soul experience; when everything is being given up to a spiritual soul-fire that must take place for a transformation-- that is necessary for a part of us to be illuminated-- and to occur for new growth, wisdom, healing, and understanding to come forth.*

*Envisioning the land on fire and the sacred caretakers circling the land controlling the burn-- so it does not get out of hand-- is much like the presence of guides and our Higher power watching over us as we begin to light the match that will trigger the fire that will burn away all the old hurts and pains and allow for the new growth that lies within us to come forth.*

*Knowing that everything is in divine, right order-- that there are guardians watching over the entire process and that the process is a necessary step to allow what is deep inside to come forth-- has comforted me. Burning away the old consciousness-- with all the actions and beliefs that go with it being surrendered to the fire, so the new growth that aligns more with the presence of the I AM may come forth more fully-- is a necessary part of spiritual life.*

*Many of us have been in those tight places where, from the inside, we don't know how we are going to make it, or get through another day. My hope is that at these times you will envision a group of benevolent guardians circling around you and holding you, watching over you every moment, just like the land owners watching over the land make sure that the fire does not get out of control; and that you will know that you will never be given more than you can handle, and that you are not alone.*

*As you come through the fire -- see yourself like the earth that has been scorched and look forward to the new growth that is surely on its way. There is new awareness and potential just below the surface, awaiting the perfect time to poke through... and bloom.*

*Let the Phoenix inside of you rise forth and be reborn as you become one with the internal landscape of your divine essence and one with the truth of who you are in this beautiful season of spring. Illuminate and Be!*



### *Winds of Change by David*

*Amidst the stormiest times... are often found some of the most beautiful scenes.*

*Within our own inner bouts of turmoil... can also be plucked some of the most valued gems that come to make up our character.*

*As the turbulence passes, we breathe more freely, see more clearly and know we have weathered yet another storm.*

#### Thinking Ahead

The balance point, on a line signifying our being, can be found somewhere between doing and not-doing. This place is for each of us to find, and may be a moving target. But isn't the attempt to find it the fun part? Like one of those balance boards in gym class way back when?

Next month we shall take a look at how much we mean to each other... even when we aren't sure that we might be doing anything useful or purposeful "down here". And we have plans to share a couple really nice stories on how to draw that more and more out of one another.

See you next month!

Also-- as a new feature, and way to celebrate and promote our readers and supporters, we intend to begin sharing "Reader Raves" as you notify us of something special going on in your world.

*Reader Rave:* This month we point you to **[www.rockandrollstories.info](http://www.rockandrollstories.info)**-- a soon-to-be-announced site of the stories of *DoingIt!* charter subscriber Penny Rush-- detailing her exploits as a rock and roll caterer from 1978-1990. More than "Almost Famous", Penny *fed* rock and roll, so it could feed so many of us over so many years. Congratulations Penny!

#### About the Authors

David Bartholomew and Joan Clark are married and currently living in Lawrence, Kansas. This publication stems from their commitment that each of us lives from our true calling, and trust that this is possible.

Joan is an artist/painter/natural perfumer/writer/teacher/holistic practitioner bringing forth intuitively and Spirit-driven work. She truly lives from a place that everything is connected and all aspects of her life reflect this.

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*What Would You Do...  
If You Knew You Could Not Fail?*