

Doing It!

TM

Living, Dreaming and Sharing the Positive Life... .. Knowing and Showing it Can Be Done.

*"It is the soul's duty to be loyal to its own desires.
It must abandon itself to its master passion."
-- Rebecca West.*

Love is the Answer -- by Joan

What is your master passion? What is your soul asking you to be loyal to?

The other day I was working away at my desk and I was thinking how truly lucky I am to be able to do what I really love everyday, and how that looks so much different to me today than it did a year ago.

I have always been one of those eternal seekers trying to find my *perfect* vocation--what I was *truly* put on planet Earth to do. I have been engaged in this reverent search most of my life, but recently had my version of an "I could have had a V-8" moment, inspired by a different type of "juice".

Mine wasn't as magical as some of those moments you hear or read about. It was rather matter of fact, subtle; but I got it and it has "gotten" me.

I saw in my mind's eye how I can render insignificant any activity that I do when I am only going through the motions, crossing off a to-do list just to get to the next thing. I noted the difference between being "outside" of a given experience in this way as opposed to being fully in it. I got to see that unless I am giving something my full attention I am not in alignment with the field of consciousness that I am seeking to manifest. Because, as we all know but sometimes forget, there is no separation; there really is no "outside" of any experience.

If my goal had been to find that *one true thing* that makes my heart sing and is uniquely my own as a "master passion", I now know I must have been using the wrong "how to" manual.

But having now gotten the message I can finally embrace a simple truth-- one I've heard hundreds of times growing up, but that seemed too simple to actually put my faith and trust in (how many times has that happened?).

Mother Teresa, put it so eloquently when she said *"It is not what you do in life that matters but what you put into the doing that makes the difference"*.

In the surrender--in the falling into whatever is right before you in the present moment *with a sense of love and joy* -- everything changes. The surrender is the alchemy that begins to make things happen in a new and different way. It is what allows your higher power to work through you because you are working in the essence of its own vibration-- that being *nothing but love and joy*. The magic of heaven, the possibility of the universe, can be manifested into form at anytime, through you. Life changes as you enter into this surrender and so do you. The simple act of being present to, and in the conscious intention of, *love*, is the long-sought philosopher's stone.

When we can fully embrace every part of our life with this consciousness then our lives will flow with divine grace; and in that grace we will find what serves our soul and humanity.

Our spiritual vocation is to be the messenger, the carrier of Love, and to pass that on in all actions in which we partake. When we enter into this union with spirit our lives change and nothing we do seems insignificant ever again.

From this state of Divine Being all energy is the same. We can be washing dishes or writing a best-seller -- it will not matter because the energy we infuse into each activity will be aligned with that of spirit, and everything we do will be an act of Love.

With this awareness my life has changed. I can't say I don't slip back and forth sometimes into my old thinking of "I *should* be doing this", or even at times judging what I am doing. But I realize when this happens I am still clearing out those old ghosts, judgmental voices from the past, feelings inside of me that I learned as kneejerk responses and that I am letting go of. Each just a check-in moment to see where I am going to now choose to put my attention and energy.

The good news (*and that is what we are all committed to having more of, isn't it?*) is that the more I empower this renewed passion I have recently claimed-- to infuse my life, our world with more LOVE and JOY and bring it into everything I do-- the more I feel connected to my creative spirit. In this fullness I feel those once elusive feelings of peace, contentment and satisfaction becoming a bigger part of my life. Knowing that in each moment I am co-creating my life with my higher power.

Love is the answer (whatever the question) and in the loving of what is before you the alchemy of the unseen is created and a new consciousness is being birthed.

Again-- What is that soul desire that we must abandon our small selves and be loyal to? What is the master passion? I believe it is the same for all of us -- LOVE. So simple, so oft-invoked, and still so misunderstood. *Love in all things* will not only give us what we are seeking and searching for, but it will also pass along to everyone, everything that it touches... that allows it in.

That's what the Beatles were talking about and why we still love those simple, beautiful lyrics -- "LOVE, LOVE, LOVE, all you need is Love." That's what all of the art and music; theatre, poetry, home-cooked meals; any act lifted up to a higher purpose have been steering us toward. That's what each of you focus on as you are *DoingIt!*-- that magical ingredient that moves us forward as Spirit living out a human experience, and humans doing the work of the divine.

Affirmation

Today, I surrender to LOVE. To the spirit inside of me that guides everything I do. I choose to infuse this day and all my actions with Love and Joy, and the world before me will become the world I desire.

I let go in gratitude for knowing this simple truth...As I bring forth only love, only love will come back to me. Blessed Be.

Calling in your Ship -- by David

"When my ship comes in, I will _____."

How many of those blanks do you have stocked up in your hope chest? How long have they been there gathering dust on the dock, awaiting a ship that hasn't arrived, and maybe can't yet be seen out on the horizon? Now how'd you like to take charge of calling in your ship... soon... and much larger than previously imagined?

I wrote last month about my inclination to jump into new stuff, new interests each winter, toward a number of ends. With mixed feelings I have been sitting with the fact that two of my recent undertakings are 25-year-old dreams that had lain dormant for the better half of my life. Dreams of a kid now being undertaken by the man—the guy who always wanted to look back on his life without being able to utter the phrase, "I wish I would have..."

*Twenty years from now you will be more disappointed
by the things that you didn't do
than by the ones you did do.
So throw off the bowlines.
Sail away from the safe harbor.
Catch the trade winds in your sails.
Explore. Dream. Discover.
-- Mark Twain:*

My good news, bad news on this is ("give me the bad news first")—I could have been a guitar player of 25 years, and been living a lifestyle that included the balance of the martial arts and really been to a place of *understanding* by now.... instead of being on lesson four or so of each. Red sky in the morning, sailors take warning.

On the other hand, 25 years from now I can repeat that last sentence without the "could". And I won't have to *wish I would have* begun either of these things. So I can truly give myself credit for never allowing those two passions to die within me and for not being afraid to be new at things or allowing age to be a factor. Red sky at night, sailor's delight.

This all factors into the whole ship motif because whether out of wont of money or the "perfect time" or whatever *reason* our dreams get moved from front to back burner and beyond, I believe the shelving of them for these reasons is backwards, *and* detrimental to one's Spirit. One simply cannot wait for something to happen in order to make that other thing happen.

As one of these wishes is disregarded a certain amount of joy is foregone, and the dream-manufacturing muscle begins to atrophy. Less joy now permeates those "important" things. And the effect is cumulative.

Clear warning of the beginning of such dream decay comes in hearing oneself say such things as, "I don't have the money to _____," "I don't have the time," or the very important sounding, "I have responsibilities."

Can you envision all of the ships that have set sail, never to

return to such hostile environs, upon the utterance of such volleys? Can you now hear the echoes of singing and dancing to kettle drums and marimbas on those shores where the pleasure of such endeavors as you have forsaken are placed high on the list of local priorities?

And what of this benevolent universe that gives us what we ask for? What of its sadness at not being entrusted with the really important stuff?

We ask for little, so it gives us little. It actually gives us exactly what we need to do the very little we decide to do. Then it goes on, with a lot more enthusiasm, to provide for the really fun and challenging large-time requests of others.

Where we have waited for the universe to give us the time and materials to do "our work" (our true calling, our frivolous play, those dreams closest to our hearts)... it has waited for us to put in *ourselves*... before providing us that which we need to continue. The universe asks only that we show it what makes our heart sing and it does the rest.

I will never forget the story a girl told at an L.A. cookout. Prior to the event that precipitated this story she could have been considered a "starving actress". She had never had a good car, and longed for one. Hers had been one that was constantly breaking down and was no longer reliable for getting her to all of the auditions for all of the parts she wasn't getting. She obviously had no money for another clunker much less a new car. But something in her—against all apparent *reason*—had her saying, "I don't care. I want and deserve to buy a new car." This she did indeed buy—a sporty, red convertible that she truly loved.

And on the heels of this outrageous purchase—she, like her nylons, with no visible means of support—began landing job after job, the income of which never had her wanting for a car payment, or anything else for that matter.

*One doesn't discover new lands without consenting
to lose sight of the shore for a very long time.*

-- Andre Gide:

It doesn't work to leap a twenty-foot chasm in two ten-foot jumps.

--Unknown

Many of us would see this young woman as full of guts andchutzpah in entering into that contract and taking that remarkable step. But she was simply in possession of an unshakeable trust in the ways of the universe that many of us are still toying with-- the knowledge of how to call in her own ship.

I know her example still looms large for me as I take my own steps toward opening my own trust to that degree.

Not coincident to the overcoming of my real or imagined obstacles to taking up my quarter-century dreams in recent months, I have had a wave of insight as to what in me had resisted and stood between such small living (*small dreaming*) and the joy I am already getting out of these activities. I can actually feel myself changing at a cellular level

in the wake of one process in particular. And Joan has confirmed a shift in me across the board.

Jumping into these unfulfilled lifelong passions has had me waking from very long, sometimes weird, but always telling dreams. One had me playing with the word "Caution". Like a diamond one might hold up high to twist and dissect in the light I awoke and was playing with all the nuances of caution as it had applied throughout my life.

The details are not so important, but my awareness of ever-present cautiousness and living small over the years speaks directly to a lack of trust that I would be supported in really big ways. Many of the events of my life-- various solo moves to new places, attempts at new jobs like stuntman and policeman, taking on of various new ventures and large responsibilities—seemingly entailed a lot of trust. These have been my ways of testing and stretching such muscles.... outwardly... while inwardly still working things out at the source. I believe this illustrates what a major theme it has all been in my life and is no doubt key to why I/we bring you this magazine and feel we have the experience and resources to urge others on toward larger perspectives than are common.

I also believe that this may be an area that much of the readership and this **DoingIt!** community has wrestled with, and why we have come together to continue blazing the trail for ourselves and others. That we can even think of *more...* tells us that we have experienced and are ready to work through the uncomfortable nature of ourselves as *less*.

And so the secret of calling in our ship is to live now, in our fullness, manifesting the dreams within us, however young or old. We are priming the universal pump. We are jump-starting the karma machine. We are **DoingIt!** as we visualize our dreams as already having happened, and our ships—our fleet of ships-- as having already arrived

*When we are motivated by goals
that have deep meaning,
by dreams that need completion,
by pure love that needs expressing --
then we truly live life.
-- Greg Anderson*

*If we don't succeed, we run the risk of failure.
Dan Quayle*

What's Working-- Life's Fun, No Contest-- by David

Quick! What do the following have in common?-- Lunch for two at a Kansas City bar-b-q place. A pair of concert tickets. A humorously large burrito. A ride in the Oscar Meyer Weinermobile. Give up?

They are all things I've been awarded recently: a couple by way of radio call-in trivia contests, one by winning an essay (50 words or less) contest, one simply by showing up and having a sticker appear in the right place. I use the word "awarded" very consciously because I feel I am constantly being awarded and rewarded for sometimes getting this game of life "right".

Somewhere along the line the principle of-- "You cannot win, if you do not play"-- worked its way into my way of thinking. I once risked immense embarrassment and signed up for an arm-wrestling contest that looked like one I had seen on ABC's Wide World of Sports. I did ok. We risked moving from L.A. and a known life, to an unknown one on a piece of land in Kansas. Here we are rewarded with glimpses of deer, geese, coyotes. I like to look for all kinds of "prizes" I receive in all areas of life.

Joan thinks I'm lucky. I don't dispute that, to a degree, but I factor in all of the folks who simply won't be there at the end because they just didn't put their name in the hopper.

*Another phrase-- "Don't be a spectator in your own life"-- popped in my head as a kid, and has been part of this same philosophy of sampling what is out there in the world ever since. Like free samples at the Hy-Vee (Joan says, "If he's not with me, he's at the Hy-Vee!"). Or something like-- when's the last time you tried a deep-fried twinkie or other oddity at the county fair (hmmm, sensing a food theme here)? How long since the last time you just took a drive in a less-travelled direction (you're not lost if you're not trying to get anywhere). Where can you make your journey more fun by simply turning it into a sort of contest where the ones with the coolest experiences at the end of their days, win? Actually-- where all those at the end get to compare all of their awards... and call it a tie! Now that's **what's working**.*



Rattle for Love by Joan

*Go to the place where Spirit envelopes you.
Where down-below meets up-above.
Rattle and chant and sing and dance.
Pray from this place of love.*

*Send out your best to one and all--
the swirling masses, your precious few.
Send all your love with all of your heart,
it will only come back to you.*

*Forget the worry, the can'ts, the shoulds,
ignore all the reasons why "not"
rattle for love till you shake off the cobwebs
and remember it's all that we've got.*

*Keep rattling for love.
And... please... don't... stop.*

Thinking Ahead-- Envision a World Where Each Day's Successes Are Greater Than the Last!

This representative sampling of *DoingIt!* is intended as a bit of inspiration, support and encouragement of *any and all of your dreams*, that can be found in your e-mail in-box or actual mailbox every month.

Here you will always find **new thought and tools, homespun wisdom, tales of "What's Working"** in the lives of our readers and others, **regular features, quotes, interviews** with remarkable, leading-edge thinkers, both **male and female perspectives**... all framed by gratitude, appreciation and *Spirit*-- by whatever name you choose to invoke it. Our readers are lovers of **quality of life**, and honor the value of each one of us in increasing that-- for all of us-- on a daily basis. And the experience of sharing, supporting and being supported by your other "*spiritual workout partners*" extends to the online *DoingIt!* community, forum, archive and a growing number of features.

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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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Doing It!

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