

The Balance of Doing and Being in Life

Life can be understood through two fundamental modes: doing and being.

The doing state involves activity, effort, and the pursuit of goals. It's where we actively try to achieve, reach, and fulfil. This includes engaging in life, meeting people, making choices, and accomplishing tasks. It's a dynamic and active participation in the world, often driven by aspirations and dreams. This active engagement is a crucial and enjoyable part of life for many.

However, an exclusive focus on doing can lead to stress and anxiety, resulting in emotional and cognitive overload. This is the point of collapse that can occur when we are constantly striving without pause.

The being state, in contrast, is a meditative space. It's about letting go of effort, thought, and the need to achieve anything. There's no analytical relationship with the moment; it's a complete surrender to the present. This involves presence, meditation, and simply existing without the need to be or do anything specific.

Think of these two states like the inhale and exhale of a breath. Just as we would suffocate if we only inhaled or only exhaled, life requires a continuous, beautiful movement that incorporates both doing and being. To live life to the fullest, we must find a healthy relationship and balance between these two states.

A healthy and balanced life involves cycles of doing and then letting go, allowing us to enjoy the simplicity of being present. Moving back into activity after a period of being allows us to return refreshed and energised. We are not meant to be in a state of meditation 24/7, nor are we meant to be in a state of doing 24/7. The key is to strike a balance between the two.

Learning meditation provides us with a crucial choice: to consciously decide whether a particular moment calls for doing or for simply being. We can choose to be for as long as needed, and then, if appropriate, shift into doing, and then back to being. Because we are often conditioned to constantly be in the "doing" state, the essential skill to cultivate is how to move into "being" – how to meditate. This ability gives us the freedom to choose the appropriate state for any given moment.

Finding Your Rhythm: Balancing "Doing" and "Being" in the Corporate World

In the fast-paced corporate world, our lives often feel dominated by doing. We're constantly engaged in tasks, emails, meetings, and projects, striving to achieve goals and meet deadlines. This active engagement - the "doing" state - is crucial. It's how we contribute, innovate, and move forward in our careers. The energy, focus, and drive we pour into our work are not just important; they can be incredibly fulfilling.

However, an unrelenting focus on doing can lead to significant downsides. Without pause, this continuous striving can quickly become a source of stress, anxiety, and emotional overload. It's like trying to only inhale without ever exhaling; eventually, we become overwhelmed and risk burnout.

This is where the "being" state becomes vital. Think of "being" as your corporate calm - a meditative space where you step back from the constant push to achieve. It's about letting go of analysis, planning, and effort for a brief moment. Instead, you simply be present. This might mean taking a mindful breath before a big presentation, pausing for a moment of quiet reflection between meetings, or simply observing your surroundings without judgment. There's nothing to fix or accomplish in these moments, just the simplicity of existing.

Just as our breath requires both inhale and exhale, a truly effective and sustainable corporate life demands a beautiful movement between doing and being. We need the drive of "doing" to meet our objectives, but we also need the restorative power of "being" to recharge, gain clarity, and prevent collapse.

A healthy and balanced approach means consciously shifting between these two states. It's about recognising when to immerse yourself in intense work and when to intentionally step back, even for a few minutes, to simply be. These brief moments of presence allow you to return to your tasks refreshed, energised, and with a clearer perspective.

Learning to integrate practices like mindfulness or meditation offers you a powerful choice. It empowers you to discern what the current moment calls for: deep focus and "doing," or a moment of calm "being." Because the corporate environment often conditions us towards constant "doing," cultivating the skill of consciously moving into "being" is particularly essential. This ability allows you to strike a healthier balance, making you not only more productive but also more resilient and content in your professional life.