

Doing vs Being – Additional Resources

In our fast-paced world, it's easy to slip into the trap of becoming a *human doing* rather than a *human being*. We measure ourselves by how much we accomplish, how quickly we respond, and how effectively we juggle competing demands. But true presence, fulfilment, and peace often come not from doing more — but from simply *being*.

The following curated videos explore this important theme from different angles:

- Reflecting on whether we live more as “doers” than “be-ers.”
- Practising guided meditations that help us let go of past and future worries.
- Understanding psychological concepts like the “Doing Mind” and “Being Mind.”
- Learning practical ways to stop overthinking and return to a state of calm awareness.

Together, these resources invite you to pause, breathe, and experiment with shifting from *doing mode* into *being mode*.

[Are You a Human Being or a Human DOING?](#)

This video (by Kelly Hine) explores the distinction between “being” and “doing.” It challenges the viewer to reflect on whether they mostly exist as a “human doing” — defined by activity, achievement, and busyness — or as a “human being,” which emphasises presence, awareness, and simply *being* in the moment. The presenter argues that shifting toward being can lead to greater peace, clarity, and fulfilment.

[No Future... No Past... Just Be \(Guided Meditation\)](#)

This is a approx. 10-minute guided meditation designed to anchor you in the present by letting go of past regrets and future anxieties. The narration gently guides listeners to relax, focus on breath or sensations, and rest in the space of “just being.” The aim is to cultivate presence and inner calm.

[Doing Mind vs. Being Mind | Counseling Center Group](#)

This video unpacks a DBT (Dialectical Behavior Therapy) concept contrasting two modes of mind:

- **Doing Mind:** goal-oriented, focused on tasks, results, planning.
- **Being Mind:** receptive, experiencing what is without trying to change it.

It discusses how both modes have value, but imbalance (too much “doing” or too much “being”) can create tension. The video encourages integrating both — what DBT calls the “wise mind” — to live more intentionally and mindfully.

[Stop Thinking & Start Being \(Guided Meditation\)](#)

This guided meditation (approx. 10 minutes) helps listeners shift out of overthinking mode into a state of presence. Through prompts to notice thoughts without attachment, return to breath, and rest into awareness, it encourages the mind to slow and simply *be* rather than constantly engage in mental commentary.