



In collaboration with



Doing vs Being Meditation

Join me as we journey together through mindful meditation into the topic of Doing vs Being. 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, simply be present.

As we approach this mindful exercise, please keep in mind the concept of self-compassion and acceptance. There is no right or wrong.

"Find a comfortable posture, whether you're sitting at your desk or in a quiet private space. Gently close your eyes, or soften your gaze downwards. Take a slow, deep breath in through your nose, and a long, gentle exhale through your mouth. Let go of any tension you might be holding."

"As we strive to achieve, we are often in a state of 'doing'. Feel into that energy for a moment. Acknowledge the tasks, the deadlines, the stress and the pressure of it all. Recognise the effort, the focus, and the drive you bring to your work. This 'doing' energy is valuable; it helps you collaborate, contribute, and move forward. Without self-judgment, simply observe the sensations associated with your 'doing' self."

"Now, gently shift your awareness. For a moment, let go of the need to do anything. Imagine stepping back from your to-do list, even if just for these few breaths. Let us breathe in deeply and exhale profoundly. This is the state of 'being'. It's a space of stillness, of simply existing. Feel your breath as it naturally flows in and out, without needing to control it. Notice the quiet hum of

the office, or the sounds around you, without needing to analyse them. Allow yourself to just be present, right here, right now, with no agenda, no goal, no effort.”

“Recognise that both ‘doing’ and ‘being’ are essential, like the inhale and exhale of your breath. The ‘doing’ allows for productivity and accomplishment, and the ‘being’ allows for rest, clarity, and renewal. Imagine a gentle rhythm between these two states. You can move into ‘doing’ when needed, and continuously shift into ‘being’ to recharge. This balance prevents burnout and fosters a more sustainable and fulfilling experience in your corporate life.”

“Take one more deep breath, bringing awareness to this integrated sense of doing and being. When you’re ready, slowly open your eyes, bringing this mindful awareness back into your day. Remember, you have the choice to consciously shift between these states throughout your work day.”

“And remember, Every Moment Presents An Awesome Opportunity.”