



## *On Being* By Olga Fienco

I'd like to talk about the difference between being and doing and the importance of meditation.

We are human beings. Yet we are always doing. We have forgotten to simply be. It takes little effort to be. Just being, noticing things around you, the birds singing, the flow of the traffic, the chatter around you, the noises in the distance. It asks nothing of your time, being is a natural state, it only requires awareness. Being here in the now only takes effort if we are "trying" to be.

If we sit quietly without any goal to fulfil, no deadline to achieve, no appointment to be at, no thinking about what the future holds, no getting pressured about our next whatever, then being merely becomes the natural state of the human.

The difficulty is the mind. It will take you on a rollercoaster and then some!

The mind is the natural enemy of being. It is always waiting, needing, seeking, comparing, dividing, ordering, dreaming, wondering, etc. The heart is our centre, our true nature. Bringing meditation into our daily life is not always easy. But if we can spend 5-10 minutes of our time each day meditating on our heart, our centre, we will become more in tune with who we are. Meditation has been proven to increase wellbeing, it helps us to slow down and relax. Just by starting slowly, we will reap rewards that outweigh the sacrifice.

On the subject of meditation I received this message from a being named Nazareth on the subject of spending time communicating with the self:

*"It is a rather beautiful thing to do to engage in silent conversation with yourself. When one does this we ask that you meditate for this brings great solace and understanding of the current situation one finds oneself in.. Engaging in silent conversation with self will open up many more doors than one would by engaging in conversation with a hundred or more people. It is good to learn from one another but it is much more important to learn from the self."*

By meditating on a situation it helps us to see more clearly and to understand our true nature. Incorporating meditation as part of our everyday process of living-being, we begin to become more aware and less self obsessed. It also helps us with our spiritual work by bringing more focus and awareness in our contact with others.

Worrying about the future and trying to finish things can make us anxious. By observing nature, plants, birds, insects we begin to notice that they all follow cycles. Everything in the garden already knows how it is meant to work, everything grows as it should, if you plant a seed too early, before its natural time to develop, it will not germinate.

I feel the same applies to us, we can start something, but if it's not the right cycle we may encounter obstacles, difficulties. We'll start to think "it's not working out" and give up.

Fortunately or unfortunately we are driven by a materialistic world that pushes us to have, we therefore see our role as that of acquiring, working in order to make enough money to have all the lovely things, a house, a car, a holiday, the latest gadget. Deep down once we have these things the truth is we are left empty by them as they are merely a means to an end and in pursuing such things we forget who we are, when all along the aim is to be.

Ego drives us to do things, to want things to follow the dictates of modern living. The thought of being starts to become alien to us. We have to think about what being is. When we incorporate meditation into our daily lives, being becomes a natural state and doing becomes less important. We begin to feel a sense of balance, groundedness, awareness and aliveness.

Don't get me wrong, I understand that we all have responsibilities, deadlines to achieve, we have to make a living, that's all good and well. It's not easy living in this third density world where we are faced daily with the next new object we "must have", the new car, a better house a more comfortable bed, etc, etc. But where does it stop?

When the focus is on doing, in contrast to being, we put more emphasis on money, on possessions, on things, on achievements, on impressing others and on accumulating more and more.

Living at this pace may decrease our well being, for it forces us to live in our heads, it becomes a frantic ongoing push to achieve. We begin to compare our achievements to others by trying to emulate them and feeling lesser if we are not up to the same standard. I'm not advocating that there is anything wrong with that, it's all about balance. Working towards goals can enrich our lives too, it's all about ensuring we are striving for what we truly want and not what we think we want.

Although we may feel that achieving all of these things is part of "living in society", perhaps we need to take a step back, to smell the roses and allow life to flow rather than control what and how we "should" be living. By simply being we open up a space in our hearts to create, to live more fully, to bring about subtle changes that are not possible when we live from a hurried, frantic and doing perspective.

Holding onto our true selves, living from our own hearts, being present in this moment now, will help us achieve this and more.

Just to finish I would like to share with you a beautiful message I received in meditation:

*"I am my divine centre, I am the light within my soul, I carry the burdens, the truths, the lies, the all, the everything! I cannot hide from my soul for it follows me everywhere, my soul is my guidance, my confessor, my trusted friend. My soul is always with me, I am my soul and my soul is me."*

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