

Do Without Doing

Life in Balance with Julie Renee Doering

Has the year been a year of over reaching and excessive striving? Does your life reflect a path of exhaustion and out of balanced living? In this module, I encourage you to learn to do without doing.

The path to balance and happiness is one of ease and grace. Could you imagine yourself setting an intention and being open to fulfillment coming naturally? What if the universe has wanted to support your journey? Have you taken over the role of 'God' and forgotten the gifts promised you?



The universe is available to collaborate with you.

Look at how much fuel you have funded your physical body with. Understand that fuel comes not from the mind but from time in reflection, creativity, and expressions of love.

If you have a mission, a desire to fulfill in the world, or change you want to affect; I encourage you to shift now. During this week make time for quiet reflection. If you have been away from your art, dance, or woodworking hobbies, find a way to bring these fueling activities into your life again.

While in this training for full self expression ~ note it is a perfect time for internal reflection. Add longer periods of time for meditation and prayer. Work these practices into your schedule. We live much of our life in the outer world. Have you nurtured your inner garden lately?

I was visiting my sister for a family holiday. She showed me her latest knitting, scrap-booking, and quilting projects. I could see how delightful her life is. I realized that my big commitment to help make a global shift in how people think about their health (and how easily they could access their miraculous system) has caused me to fall away from the many quieting and fueling activities I so love.

Perhaps painting a new painting or a few daily moments playing my harp strings is in order. Doing without doing is a spiritual path. You will have times in your life of movement and action. This is the natural order of life. You must also have moments of rest. In these rest moments, let go of the outer world with its busy rush and *be* your intention.

By shifting internally and taking the time to awaken to anything inhibiting your 'efforts,' you can clear your path for great success. The only way to correct this imbalance is by going inside yourself.