

## Do Nothing!

*By Mary Jane McCormick*

Every time I thought about this topic, 'Right Here! Right Now!' my adolescent heard a demanding and impatient voice. And so, I decided on writing about 'Doing Nothing.'

Doing nothing or, as one author says 'The State of Non-doing' is foreign to our western minds. We live in a culture of action. Our self-worth is often tied to how productive we are. Even in retirement, we get caught in the need to stay busy. We are a society of 'doers', set on perpetual motion.

I always blamed nursing, my chosen profession, for my Mad Hatter relationship with time and my obsession with doing. I carry an internal clock that nags at me with 'I'm late, I'm late for a very important date. At times I feel like a human doing rather than a human being.

Retirement is trying to take hold. I am reading about the wisdom of 'Doing Nothing' on a regular basis. I have found that a great time to do nothing is when I am stuck; stuck on a problem, a dilemma or a difficult choice. After fretting, worrying and losing sleep, I try my luck with non-doing. I guess we call this 'Letting Go.' An emptiness is created; a space for something else to happen. My monkey mind takes a break and the things that seemed so urgent recede. My 'doer' takes a hike and my being shows up with a fresh perspective.

Of course, this space does not last as long as I would like. The moment I realize I am not DOING, the crazy pace takes over and I hear that drum roll, 'Right Here. Right Now.' Oh well, you know what they say, 'Progress not Perfection.'

