

As seen on *CBS Marketwatch*, *NBC-6 (Miami)*, in the *Kansas City Star*, *Dallas News*, *Silicon Valley Business*, *Yahoo Business*, *Lycos Finance*, *the Edge*, *Look Smart...*

# Doing It!

Living, Dreaming and Sharing the Positive Life... ... Knowing and Showing it Can Be Done.™

*DoingIt!*-- a journal of positive living-- is a tool for the advanced soul. A *DoingIt!* reader is one who:

- **thinks bigger**
- **leads** by example
- takes advantage of the **leading thought, inspiration, motivation and tools of the day**
- **applies a spiritual component** to every act
- **works to remove all fear, obstacles and barriers** from one's path
- puts all effort and intention into **achieving the most joy, satisfaction, service and achievement** one can squeeze out of life
- **holds a vision** of a **larger community** where *each person is valued for their individual talents and abilities.*

Ongoing themes within the pages of *DoingIt!* include:

Overcoming Fear. *Reclaiming Personal Power*. Honoring Intuition. *Letting Go of the Past*. Forgiving Others and Oneself. *Compassion and Simple Kindness*. Creativity/Imagination/Wonder. *Positive Change*. Courage. *Achieving One's Dreams*. Intention. *Trust*. Possibility. *Faith in All of its Forms*. Gratitude/Appreciation. *Synchronicity/Flow/Acceptance*. Energy/Enthusiasm. *Risk and its Rewards*. The Gift that is Each of Us.

**Here are just a few excerpts** from recent articles intended to inspire, excite and exhilarate:

*The lessons of personal growth come faster and more furious with each passing day, and the knocks on the door come harder and louder each time we fail to address the important longings and urgings that make themselves known to us. So-called reality doesn't allow us the freedom to stop and remember who we are and what is truly important. And anyone will tell you that that airy-fairy stuff doesn't put bread on the table. Well we don't believe that, and we aim to change it. We are changing it!*

*In an era where everyone knows how to play the endless game of comparing circumstances that are hard, things that go bad, and situations that are overwhelming... but few can keep a positive conversation going for more than, say, 10 minutes-- we choose to join with others ready for a new reality and a new paradigm. We stand for stretching the comfort zone upward and outward until resistance gives way like the elastic band on a favorite pair of shorts!*

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*Would You Buy a Vision of a Better World from this Man?--* ... Where many like to shrug off optimism as naïve, I choose to believe it is actually a harder path to walk than that of cynicism and resignation. It runs counter to all the protective mechanisms within us that wish to insulate us from risk, opening and connecting.

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*Your Intentions Create your Experiences--* ... harnessing the power and passion inside of you to show up for yourself, moment-to-moment, day-to-day; thus *becoming the person your heart desires to Be*. We are asking you to show up for yourself and create the life that gives you more joy, more passion, more love, creativity, and peace.

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*What's Working- A Daily Dose of Spirit--* ... If I had to narrow down what keeps me most on track, in alignment with Source, happy, joyful, grateful, at my best, clear, purposeful, free (did I say happy?), in the flow, and on the money... I would have to say it comes from a daily dose of Spirit... in any of the many forms that can take... assembled in a way that works for me... You can expand your definition to see Spirit in any action you might take. And as long as you are committed to seeing and feeling that same lifeforce in all you do, and all that you see... in increasingly longer, unshakable doses... you will be fulfilling your destiny and living from increasing joy.

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*Today I Saw Myself--* ... I like to think of each good choice we make as— a seed for change, or seed of consciousness. And I am becoming more aware how these seeds grow, and how they provide tangible evidence of how far we have come... We add to the positive by making choices for what we do wish to experience, as opposed to what we don't want to experience, even if we don't know what this might ultimately look or feel like.

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*What I know is Possible--* ... All we all want... from our deepest levels of yearning... is to connect. To know we are seen and received and understood. To know we belong. To feel we've returned home. Each of us has had access to a place within ourselves that knows exactly what this looks and feels like; that is the barometer of how close we are in a given moment, and the homing device that adjusts our course ever closer to this unseen, but ever-present idea of home.

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*Freedom's Not Just Another Word--* ... In the infancy of this Age of Aquarius, where institutions are betraying their infallibility, or having such revealed... it is for everyone to stand as their own example, to create their own state in alignment with their deepest sense of knowing. The "rules" of possibility seem to have changed, because so many are willing to acknowledge they have changed. As quantum physics tells us—the observer effects the observed.

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*Acts of Faith, Authenticity and Their Repercussions--* ... Any act of faith, by definition, requires a stretching beyond what is known to our small selves to be possible... into the realm of hope and belief that it must be so. Such acts are not safe (for our "small selves"), involve change and never leave you the same as you were prior to taking the leap.

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*The Silent Witness--* ... We sabotage ourselves in the most outlandish ways. What are some of your favorites? Come on, we all have them! What do you find yourself drawing into your life – right when you are about to take the cosmic leap of faith into your joy and heart's desire?... In these times-- when you become aware that you are "under siege"-- take the time to become your own best friend and call forth the silent witness, the observer inside of you to help you.

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*Be the Gift You Give to Yourself --* ... Be the gift of compassion to yourself. Give yourself the benefit of the doubt in assessing just how far you may have come. Acknowledge all you have done on behalf of yourself, your commitment to your own growth, your circle of friends and family, and the world as a whole... Be the gift of joy as you laugh with (not at) the person in the mirror—the one who you have come to appreciate as a character, a work in progress, a self-contained unit doing the best one can to "get it" and to "make it".

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*Your Presence is the Present--* ... Our hearts long to feel connected to something greater than ourselves. We desire to share and to help others with our talents, gifts and abilities.

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*Doing the Dream First --* ... where do we put our life on hold? For whom, and what?... What could possibly deter us from following our heart's passions? What great fear do we hold onto?... What would change in our world if we started showing up for the life we dream instead of saving it for the future?... Take more risks and spend more time doing what you love doing with people you love. Stop putting everything else in front of them. Let go of worry, fear and trying to figure how things are going to work out. Trust they will. Stop thinking of tomorrow when you have today right in front of you, with help awaiting to assist you and your dream

We are a couple dedicated to—

- putting forth more positive than negative into the world
- encouraging each of us to let go of fear and live out every dream
- providing a safe environment out of which individual creativity can thrive
- a community of like-minded, committed, intentional souls.

We hope you will find *DoingIt!* in alignment with your vision of what is possible in this world, and one more tool to enjoy and incorporate into your increasingly successful life.

Thank you for who you are!

David Bartholomew      Joan Clark