

Doing It!

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

Welcome to the Premiere Issue of *Doing it!*

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 that we have dubbed "*The Age of Commiseration*"-- where everyone knows how to play the endless game of oneupsmanship when it comes to 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.

If you are ready to take part in creating such a Braver, Newer World where few have gone before, and the waistband is nice and loose, we hope you will share how you are *Doing it!* with us and the like-minded individuals that are your fellow readers.

We are a married couple, 40-ish (ok, add 5-ish), currently living in the Midwest, who are *Doing it!* along with you.

While we don't claim to have all the answers... what we do have is a commitment to the vision of that which we are all capable. And what a vision it is!

An accumulation of over 50-60 years between us of trying on what this looks like--

- of **inviting in the lessons** that might propel us forward
- **co-creating** growth situations and drawing in the necessary *players*,
- **trusting, releasing, and accepting help** in the form of divine and earthly guidance, asserting that we are ever and always exactly where we need to be,

-- we feel we have come to increasing places of insight, wisdom, clarity, comfort and the joy that comes with each shedding of another layer of the "stuff" between existing... and truly living from a place of essence.

You have this same drive to connect with deeper levels of yourself... or you wouldn't have read this far. You have these same insights to share.

The pages of *Doing it!* are intended to provide a steady dose of inspiration for all, and sharing between readers is a goal from the onset. We hope you will come here to share some of the ways you are transmuting and transforming negatives into positives in your life as you are on stride, and to solicit help requests on the occasion (hopefully to become more rare with time) that you need a boost from folks who understand.

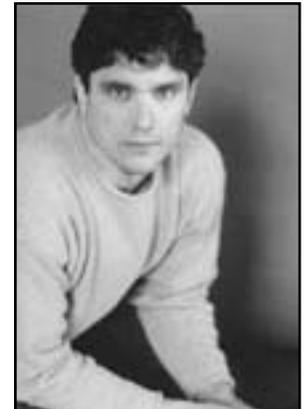
While self-responsibility and empowerment are key to this world we choose to create... no one ever said we can't have a bad day! We could be said to be the poster children for stripping away the gook and the muck. It's not always pretty, but the other side is glorious. And more and more, we find, the clearing of the past doesn't have to come so hard.

So, please consider joining up with this *support group of the spiritual, this posse of the possible*.

It's all good. Things are getting better and better. And it's all because... we're *Doing it!*



Joan Clark



David Bartholomew

Be the Change You Wish to See. in the World
- Gandhi

Courage is not the absence of fear, but rather the judgment that something else is more important than fear.

- Ambrose Redmoon

Your Intentions Create your Experiences

- by Joan

This newsletter is about *Doing It!*...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.

It starts with awareness-- an occasional inner nudge that you want and desire more than you are experiencing. As we know, with awareness comes opportunity. We can take the opportunity that is presenting itself in that gentle prodding or we can ignore it and keep living a life that does not keep us fully experiencing that which our heart desires.

Doing It! is about being a vehicle and outlet to share your journey with others on how you are faring in your own life. It is a place to get inspiration and share in the stories and journeys of others who are also part of the solution for positive change.

Yesterday, I was working in the garden and decided to cut some sunflowers for my altar. The fields were full of these beautiful sun goddesses swaying in the wind with their heads lifted towards the heavens. Before I went to water the garden I cut a few of them and placed them in the basket to take into the house.

Upon returning to my flower basket I noticed that the sunflowers had wilted. It had been less than 15 minutes and these golden beauties had become lifeless. I immediately rushed into the house to place them in some cool water, hoping to revive them. As I began working with them, I was amazed at how little time it took for these flowers to change form and shape-shift into a completely different energy.

A question floated through my mind. How long does it take you to wilt, become lifeless, and change form when you are cut off from your own source? What happens to your energy when you are not connected to the divine power within you?

I know from years of experience that it does not take me very long to fall back into old patterns when I disconnect from my Higher Power.

It starts with my thoughts, and questioning of my intuition. I become confused and begin to shut down. Sometimes I get anxious, or may begin procrastinating on something I was previously fully engaged in and excited about. I may begin to have feelings of fear, anger, and frustration... or even go so far as to begin an old pattern of emotional eating or other self-destructive habit.

We all have such reactions and potentially unhealthy destinations. Where do you go unconsciously? What are your patterns? How can you bring them into consciousness and begin the shift into alignment with your highest self?

The more I have become committed to changing my old way of living and being, the faster is my recovery time. The more intent I bring to living in a more positive, connected way, the longer and longer I can stay in this place. And the more I expand the intervals of living *plugged in*, the more I am experiencing the life I desire to live. Such is the antidote to our vicious cycles available to us.

Perhaps the visual of the sunflower can be an image you can use to check in with your energy level and degree of connection to your source. Plant this image in your consciousness, and when you feel yourself off balance or out of touch, look inward and check on your inner sunflower... or whatever roots you to this earth. Are you looking up, or wilted and looking down?

I hope this newsletter will be a place of quiet reprieve, inspiration, and a safe haven for you to visit each month. I hope it will be a place where you can share your stories, victories, inspiration, and be equally moved by the experiences and journeys of others. We are the positive change the world is waiting for. Let's embrace it together.

We're *Doing It!*



*A Regular **Doing It!** Feature shall be a specially-selected JC painting or DB photograph-- intended to coincide with the topic of a given issue.*

These may include a meditation, poem, guided information or other words... to help anchor the material at a deeper level.

This month's piece: *Dreaming Lavender* by Joan Clark
(to view more of Joan's intuitive art please visit www.joanclark.com)

Why this Newsletter? Why Now?

- by David

In the face of some really odd and magical circumstances of-late I finally *heard* the phrase Joan and I have been repeating to each other for a long time now-- "We're **Doing it!**"

It stems from the fact that often we don't really know how we're **Doing it!**, but we somehow continue to do it. Do what?

Well, for starters—

- to continue to live in joy in these times when a lot of folks think you're delusional if you're not depressed, on medication, rendered worn-down and helpless by the *reality* of the news of the day, etc.
- to stand for living from our joy, passion, dreams and creativity—even as we figure out what that really looks like-- without a safety net, or a straight job, and somehow maintain a quality of life that seemingly defies the *reality* of the numbers
- to process the harsh *reality* of the past and reconcile it as having been by-agreement, necessary, and of benefit
- to remembering who we've always been as we take these insights in to the future.
- most recently, to continue to stand in that joy, despite the *reality* of a temporary return to "old" work without sinking back into "old" thinking (reminding ourselves that "this is a temporary situation")...

... basically, to not assign any importance to any *reality* that says anything other than "We're divine beings, having a human experience," or any of the other sayings that remind us of our divinity and our responsibility in co-creating our world.

While the brain still has an occasional tussle with trying to think its way out of practical *realities*, we have come to the place where-- after enough stubborn resistance—there is only the choice to live a life of passion, to put away that which does not serve us, and trust that we're not being set up to fail. To whatever degree that sounds like it might be a smidge tough... believe me, fighting that fact, resistance... is futile.

You know this. Once the awareness has taken hold, you can't turn back. The bits of your life that don't fit in with your original essence—the fears, insecurities, protection developed out of old wounds-- not only stop working, they >>

*You are Doing It!-- every time you...
show up for yourself... even when you don't
feel like it; pull back from a tough situa-
tion and find something in it to laugh
about; choose joy; know you are ok in
your being... without having to do; stay
in your body when you feel like escaping;
know you are supported in the universe
and that you only have to ask for more;
stay present and in the moment. And
you're Doing It!... even when you think
you are not!*

>> become your new obstacles. We have all lived through enough of the "Age of This is Not It" and come—perhaps kicking and screaming-- to the place of, "Alright, how do I do it?"

We've come to a place where scientists, philosophers, religious leaders and mystics are all speaking in similar tongues. Quantum physics is broaching the spiritual in telling us as above, so below. New Age isn't so woo-woo anymore, and old school religion has seen the lid pried off of its various esoteric teachings that have basically always said the same thing. Whether it be by transmutation or the breaking down of long-standing institutions, more and more of us are remembering who we are, what the point of this whole civilization gig is, and how to take back our personal power and responsibility with respect to our personal joy quotient and the state of the world in general.

So, you're doing it too.

We may not know what it looks like, but we're beginning to imagine. And we're all doing it without a roadmap. So, we need to be pooling our experiences and sharing our insights with those who are on the same page.

The good news, we have found, is—while on a day-to-day basis our tests may sometimes come harder, our recovery time is generally quicker. And, having set the intention that lessons don't have to come as hard... they don't.

We are setting up this publication to include:

- monthly inspiration
- tools and exercises to take you from issue to issue
- both male and female perspectives
- themed issues
- solicitation from you as to recommendations on what's working in your life
- reviews of other tools/books/workshops/etc., with which you may resonate

... all with the intention of pushing the envelope where it comes to staying positive for longer and longer periods, and discovering together the rules (or not!) of limitless possibility.

We will evolve Doing it! as per the evolution and needs of you, the readership. How can it be anything other than a blast?!

Who is Doing It! for?--

*dreamers and visionaries of all persuasions;
the tolerant, the joyful; the self-responsible;
do-ers; adventurers; the thankful, gracious
and appreciative; kids of all ages; pet-lovers;
the inwardly powerful; Oprah watchers;
hand-wavers; and you!*

What's Working by David

Many years ago I was a police officer for a short number of years. Sometimes we'd stop and write our reports at fire stations in our beat. A particular station backed on the running track for a junior high school.

On a particular spring day my partner and I arrived and saw the firefighters of this station standing along the fence line, cheering on the kids running for time in gym class. Their cheer was, "Don't Be Last."

I liked this. It was their own version of "we're only as strong as the weakest link in the chain". In essence this allowed them to root for the group as a whole, and encouraged each to do just a bit better each time. As I perceived it, the spirit of the cheer would have even lifted the spirits of whoever might be last... as long as they knew they were doing their best, and hopefully gaining ground beyond their previous best effort.

This is the spirit behind *Doing It!* Cheer each other on to do positive things in the world... and we all benefit.

In this space in each issue will be a shared story from the readership or one of us... emphasizing where we've observed ourselves or others gaining notable ground... thus effecting us all. As we look for *What's Working* in or lives, so does it present itself.

Delving Deeper

For those who wish to take the work or subject matter of any given issue to a deeper level, and to keep the focus on positivity alive throughout each month, we hope to provide suggestions of additional reading, exercises, questions intended to provide self-revelation, solicitations of stories and comments as we look toward future issues, etc. Your input will be key to this process.

As you look toward arrival of your first subscription issue perhaps some time can be taken to look at:

- what is working in your life and in what areas you would wish to improve?
- what do you envision is possible in your life and in the world?
- what limits may be in place as to what you would even consider possible?
- what is your personal credo or manifesto-- the words you live by, your ideals, etc.?

Knowing what we are shooting for, and where our limits are on what we can even consider within possibility is the topic of Issue 2, scheduled for November 2003. Once we are aware of our comfort zone... we can expand upon it. See you then.

About the Authors

David Bartholomew and Joan Clark are married and currently living in Lawrence, Kansas. This publication stems from their commitment that each of us lives from our true calling, and trust that this is possible.

Joan is an artist/painter/natural perfumer/writer/teacher/holistic practitioner bringing forth intuitively and Spirit-driven work. She truly lives from a place that everything is connected and all aspects of her life reflect this.

For more on Joan's work please visit:
www.joanclark.com.

David is a writer-fine photographer-creative hyphenate as well, and originator of the One World Flag-- an international symbol of diversity.

For more on David's work please visit:
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www.oneworldflag.org.

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