

## FROM KNOWING TO DOING AND DOING TO BEING

The journey from knowing to doing is probably the most important journey any of us will ever take (see Personal Growth ... All You Need to Know). Without it we are unable to be the best we can be because it is not what we know that counts: it is what we do that matters. One who takes this journey eventually arrives at the ultimate destination, which is that place we call 'being'. Being is the pinnacle of doing; it is a place of stability, clarity, and inner peace, where all the pointless pursuits of materialism are surrendered. This is not a renunciation of the material world, on the contrary it is living in the world and yet not being defined by it. In that place of being, one's definition comes from within; one's own thoughts and feelings become the true measure of self worth. It is a position of perpetual realisation, as one sees all things clearly (see Three Aspects of Consciousness) and the most important of these realisations is that: "My value is not defined by what I have but by who I am". Being is living in the joy and contentment of self-knowledge, it is the ultimate in self awareness; it needs nothing else because it is complete. So, how do we get from Knowing to Doing and then from Doing to Being?

**Knowing:** The first port of call on the way to being is knowing. No serious journey of personal growth can begin without the gathering of information. Ours is an informational universe: all transactions from the microcosmic level to the macrocosmic level have a story of information as their sub-text. All chemical interactions and reactions are about the giving and sharing of information. These exchanges then drive the direction of a multitude of biological events. This pattern can be seen right the way through the energy continuum (see Story of Light series) where every spark of energy whether cellular or planetary shares its own message, value, and purpose through its interaction. Our journey too needs knowledge to propel it; otherwise, we would simply go around the same loops of ignorance, wondering why nothing ever changes. Positive change needs knowledge. It is only on the back of new information or by interacting with the same information in a new way that our reality can change.

**Knowing without application:** Knowledge alone is quite simply not enough. How often have you made the mistake of thinking that having knowledge was enough, only to find out that nothing much had changed? In fact, there are times when having the knowledge makes things worse! How can having the knowledge make things worse, surely this is a contradiction in terms? The simple truth is that knowledge becomes a burden when it is not applied! Knowledge illuminates the path, it shows us what needs to be done, but if we do not act on its wisdom, the position we find ourselves in becomes more unbearable. It is as if our conscience punishes us for doing nothing to change when we do have a map to help us find our way. It is one thing to be trapped by ignorance and a lack of knowledge, it is a completely different thing to be trapped by apathy or in some cases arrogance. There are also those who in spite of having the information, simply lack the courage (see Courage and Application Are the Keys) to do what is required. They do not have faith in themselves or in the outcome and so they stay in the perceived comfort of what they know - without ever 'doing'. In truth there is no comfort there, only familiarity. Those who fall foul of arrogance believe 'knowing' means they have arrived at the destination. They bask in their attainment, not understanding this is merely the beginning of their journey, not the end. There are many who get stuck here for years, talking their way to nowhere! They are so impressed with the sound of their own voice they do not realise they are stuck. Knowledge without application means we continue to be held hostage by our past, our patterns, our fear and shame. It promises a better tomorrow which just never comes.

**Knowledge with Application:** As we have established, personal transformation is simply not possible without first having the right information, but its promise cannot be delivered without application. Once one realises the false dawn of ‘Knowledge without Application’ one can move beyond either arrogance or apathy into the world of experience. The power of application is staggering, the more you take little steps in the right direction the more its power elevates you beyond your expectation (see Routine is Power and Practice makes Permanence). Application offers the keys to intuition and insight, peace and joy, as theory is exchanged for practice and practice becomes personal power. It is this personal power that leads to self realisation and with that the opportunity to move towards new and uncharted experiences. She who lives in this place understands that she is the chief architect of her own reality, so she quietly makes the necessary efforts and choices to maintain balance and harmony in her life (see Define or be Defined and The Power of Choice). If you are stuck and keep coming back to the same point, then you can be sure it is due to a lack of application. Look for any contradictions between your thoughts, beliefs and actions and there you will find your blockage. Begin doing what is necessary, and only then will your progress be swift. Knowledge + application = personal power.

**Being:** The ultimate in doing is being. The whole point of personal growth is to reach a place of loving appreciation of self, others, and the world, to matter, not through what you do, but because of who you are. It is in this place of being where you see the pointlessness of status, kudos, position, and materialism and as a result value substance over image. It is a place of absolute clarity and appreciation. So many of our pursuits have taken us on wild goose chases, chasing after ‘things’ that, once attained, have little or no real impact on our sense of well-being and happiness. ‘Doing’ is how we claim the prize ... ‘Being’ is the prize. Being is a tranquil, unassuming place, that asks for nothing for itself and yet continues to have all its own needs met. It is a place of kindness, wisdom, and generosity. One who occupies this space is always full and so they are always giving. So why don’t they become empty? Quite simply because they remember to refuel! They continue to meet their own needs, never forgetting what got them to this precious place.

There is a popular paradigm in the world of personal growth, which is: ‘you never arrive at the destination, as you are forever travelling. In other words, there is never a point of completion (arrival). We (at Reach) say this is a myth; what would be the point of always travelling and never arriving? Surely the point of any journey, is to get to the destination? And we are saying that ‘being’ is that destination. The paradigm shift we are asking you to consider is that there is a point of arrival and when you get there, the challenge you face is managing and maintaining that position. In fact, this is the greater challenge. Getting there is relatively easy. Staying there asks much more of us. Staying there requires us not to take things for granted and to be consistent in our gratitude and appreciation of life (see The Art of Appreciation and A Mind Full of Gratitude has No Room for Complaint). It also requires us to live in the land of forgiveness, never allowing our hearts and minds to become hardened by bitterness and revenge. To master and maintain this position is an art that requires a proper understanding of consciousness (see 3 Aspects of Consciousness). Whilst we succeed in remaining free of apathy and arrogance ‘being’ becomes a blissful and sustainable way of life.

It is time for change and change begins with you! Do not be content with just knowing, nor be deceived by the illusion of knowing without application, both are imposters that promise much and deliver little. Application is the key and ‘being’ is the prize...