

Doing Nothing!



To the Editor:

“Dolce far niente—it is sweet doing nothing”¹ is an important editorial in a fast-paced life. It reminded me of a saying of Yogaswami,² an ascetic from Sri Lanka whose American disciple started an institution in Kauai, Hawaii.

Yogaswami is known for the quote in Tamil language, “Summa iru,” which translates to “do nothing” or “be still.” It connotes a deeper meaning of not worrying, or accepting. Your worrying is not of any help. Just be. Bhagavad Gita advises to do one’s duty.³ One does not own the result of any action, good or bad. I like to combine these two pieces of advice. Just do it. Just be.

Doing nothing does not come easily. The guidelines in this editorial piece are good to start with.

By “doing nothing,” the author meant doing something other than professional work. Thus, one will be rejuvenated

Funding: None.

Conflicts of Interest: None.

Authorship: The author is solely responsible for writing this manuscript.

to be effective in the job ahead. It is difficult not to think about what happened or about the future. Being mindful of the present moment is a skill. Consciously training to be mindful of the present moment is the key. There are few publications about mindfulness in the medical literature.^{4,5}

Apputhury Praisoody, MD

Medical Director, Home Based Primary Care
NF/SG Veterans Health System
Gainesville, Fla

<http://dx.doi.org/10.1016/j.amjmed.2014.08.027>

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