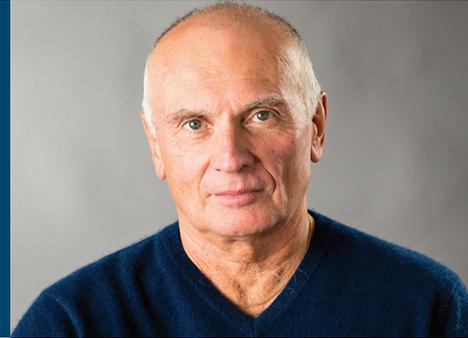




# A Blessing for Being

by Dr. Paul Dunion, Transformational Faculty Member



There are ancient rivals named Becoming and Being. Even if you have not thought about Becoming or talked about it, your body knows Becoming as doing. You get educated, pursue occupational goals, you achieve, you create a home, you pay bills and rake leaves in Autumn.

Without a great deal of consideration, you give Becoming the power to hold your essential worth. And rightly so, you build, you generate, you create, you fix, you teach and maybe you heal. However, there comes a time when the weight of the soul's sacredness asks for more.

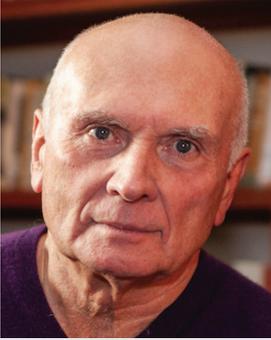
When does striving bring a fatigue to the soul? Have you allowed yourself to feel how lost you may become amidst the pile of actions? Can you pause and wonder who you might be when you crawl out from that pile? How many successes will be enough to confirm that you are enough?

If you know the emptiness of Becoming, then trust that knowing. Becoming has its place and it's not enough to birth meaning and depth. You

know the whispers of Being when you give yourself permission to nap. There is Being in the tenderness of deserving rest.

Deservedness is the cradle of Being. It puts proving to rest. Proving is so easily laced through all expressions of Becoming. Proving hides itself behind the veils of being ambitious, productive, creative and responsible. Proving possesses an insatiable hunger.

We prove that we are enough, deserving of love. We prove we are worthy of forgiveness regarding our last transgression. We attempt to prove we merit redemption for having loved poorly. These trivings are of no avail; they simply place us on the mountain with Sisyphus – forever incomplete. Being is knocking on the door of your soul when urgency subsides, when doing loses its tenacity and the next best thing to do fades behind the shadow of an incandescent light cast by the joy of what is happening now, no matter how simple. The gift of Being is a love asking for no proof.



**PAUL DUNION** earned his Doctoral degree in Counseling and Consulting Psychology from the University of Massachusetts at Amherst and his M.A. in Philosophy from the University of Connecticut. He taught Philosophy for thirteen years at UConn and Three Rivers Community College.

Dr. Dunion has been in private practice for the past thirty-seven years. He is a wholistic psychological healer, employing an existential modality as well as a somatic approach to treating trauma. He is trained in EMDR and is a graduate of the Somatic Experiencing Institute.

From its early beginnings, Dr. Dunion represented the State of Connecticut at the national gatherings of the mytho-poetic men's movement, sponsored by Wingspan. As the founder of Boys to Men, Dr. Dunion created a mentoring community for teenage boys. He is also the co-founder of COMEGA (Connecticut Gathering of Men), having served over 6,000 men since 1992, which continues to offer biannual retreats. In 2013, Dr. Dunion established the Croton Mystery School and designed its curriculum with a focus on teaching students how to make peace with life's mystery and unpredictability. Dr. Dunion has offered over 200 workshops on topics related to Human Potential. Currently, he offers supervision for younger psychotherapists.

He has published five books: *Seekers – Finding Our Way Home*; *Path of the Novice Mystic – Maintaining a Beginner's Heart and Mind*; *Dare to Grow-Up – Become Who You Are Meant to Be*; *Shadow Marriage – A Descent into Intimacy*; and *Temptation in the House of the Lord*. Dr. Dunion's latest offering due to be released in 2020 is *Wisdom – Apprenticing to the Unknown and Befriending Fate*.