

dûing

You might have heard about the new word 'dûing'. I thought I'd write a short piece to explain what it is and why you might want to use it. If you want more

information and full details and instructions on how to use it, then the book 'Dûing - the new language of change' is the place to go.

When listening to people talking about the problems in their lives you can often hear what I call 'passive statements'.

"I am stressed by the state of the economy" is a good example of this; it's 'passive' because there's not much they can do about their stress until the economy improves or time passes. So in effect they seem to be left powerless by circumstances that are beyond their control, and there is a sense of being stuck with the problem.

I've always been interested in finding new ways to look at things; these passives seemed to make people suffer and make life more difficult for them. It didn't seem fair that people had to put up with these kinds of situations and problems. Clearly neither they or I could change the things like the world economy, but I wondered, would it help to turn this 'passive' into an 'active', by that I mean one in which they had a sense that they could do something to make a difference?

There just didn't seem to be an easy way of doing this using existing words, so I decided to create a new word to describe this change.

Let me give an example;

To change 'I am stressed' from a passive to an active, we need to use the new word 'dûing.'

The word 'dûing' comes from the new verb dû (dô, dôes, dîd). It has a similar meaning to 'doing' except the û signifies that although the person is involved in this situation at some level, that involvement is at an **unconscious** and **unintentional** level. So they are not to blame for it in any way, but because they are involved, they do have the **power to influence** what happens next.

So I am stressed

becomes

I am dûing stress

People often feel that when we say it this way it's almost as though a little gap appears in the way we see things. Suddenly a new possibility appears that maybe we don't have to be powerless, maybe we can stop **dûing** stress and instead start **doing** (consciously and intentionally) something that will make our lives better.

So that's a basic introduction to the dū; its applications seem to be endless. Have a go at starting to use it in your life and see the difference it can make.

All the best

Phil

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