

Have you ever come back from a vacation feeling heavier than when you left? Do you ever sleep through the entire weekend, only to wake up on Monday morning feeling a mix of grim determination and anxiety, like a soldier marching back to the front lines?

We live in the “Smart Era,” the most efficient time in human history. Yet, paradoxically, we are living in the era that has completely lost the art of deep rest.

Starting today, I want to invite you on a weekly journey: **“Finding the Lost ‘Me’ in a World of Constant Demand.”**

Our first question is simple, yet haunting:

*“Why do we feel like we haven’t rested, even when we stop working?”*

## **Human Doing vs. Human Being**

**“Am I simply the sum of my tasks?”**

We are obsessed with proving our validity. We constantly ask the world, *“Am I useful enough?”* We mistake our identity for our productivity—the

tasks we cleared today, the financial targets we hit, the applause we gathered.

We exploit ourselves. We burn up “today” as fuel to create a more competent version of ourselves for tomorrow.

But ancient spiritual wisdom offers a radical alternative to this modern madness. It suggests that God views you through a completely different lens:

**“You are not what you do. You are loved simply because you are.”**

This is the core theme for this week. Your value lies in your **Presence**, not your **Productivity**.

## **Why this matters: The Saddest Form of Slavery**

**The Myth: “Your performance proves your existence.”**

The philosopher **Byung-Chul Han**, in his profound book *The Burnout Society*, offers a sharp insight into our modern condition. He argues that

we have moved past a society of “Must”—where authorities tell us what to do. We now live in an **“Achievement Society.”**

The command is no longer “You must obey.” The command is now “Yes, I can.” It sounds like freedom, but it is actually a trap. We have become **“Achievement Subjects”** who constantly whip ourselves to do more, be more, and optimize more.

*“The modern individual is both the perpetrator and the victim. This is the saddest form of slavery.”*

This is why rest feels like work. Even when your body is lying in bed, your mind is being flogged by the compulsion to be productive. The anxiety of falling behind prevents your brain from ever truly switching off.

## **How to overcome: The Biology of Acceptance**

How do we escape this endless hamster wheel? The answer isn't learning “better relaxation hacks.” The answer is finding **Radical Acceptance.**

When we experience **Unconditional Love** or deep acceptance, something amazing happens in our brains. The levels of **Cortisol** (the stress hormone) drop sharply, and **Oxytocin** (the hormone of safety and bonding) is released.

In spiritual traditions, this is often called **Grace** or **Justification**.

It's a profound concept: You are "justified"—or declared "enough"—not because you acted perfectly (Doing), but simply because you exist and are held by something greater than yourself (Being).

Even if you achieved nothing today, even if you made mistakes, even if you feel like you wasted the entire day—your intrinsic worth hasn't decreased by even 1%. When this truth moves from your head to your heart, the alarm bells in your brain finally stop ringing. That is when true rest begins.

## **7 Things to Discipline**

### **Practicing the Art of 'Being'**

This week, I challenge you to a simple experiment. For the next 7 days, do just **one thing** each day. You don't need to do more. One small act of resistance is enough.

- **Day 1: End the day without achievement.**

Go to bed without having done anything “productive” today, and refuse to feel guilty about it. Whisper to yourself, “My existence was enough today.”

- **Day 2: Mirror Meditation.**

Look at yourself in the mirror, eye to eye, and say out loud: “I accept you as you are. You don't need to do more to be worthy.”

- **Day 3: 5 Minutes of Nixsen.**

Use the Dutch concept of *Nixsen* (doing nothing). For just 5 minutes, turn off your phone and stare out the window. Taste the sacredness of pausing.

- **Day 4: Write a ‘To-Be’ list, not a ‘To-Do’ list.**

Instead of listing what you *did*, list what you *experienced* (the warmth of sunlight, the smell of coffee, the sound of laughter).

- **Day 5: Stop the Comparison.**

The moment you catch yourself comparing someone else's highlight reel on social media with your behind-the-scenes reality, close the app. Reclaim your own story.

- **Day 6: Gift yourself.**

Buy yourself a small flower or a good coffee—not as a reward

for a job well done, but as a celebration of the fact that you are alive.

- **Day 7: Sleep Intention.**

As you drift off, release control. Say internally: “The Universe is big enough to hold the world while I sleep. I let go.”

## **Conclusion:**

Rest is not merely a biological necessity; it is a spiritual homecoming.

The reason we cannot rest is that we are trying to be the CEO of our own lives, constantly earning our right to exist.

But there is a Solution that predates our exhaustion.

## **God’s Answer:**

You are not an employee of the Universe; you are a Child. An employee is valued only as long as they are profitable. A child is loved simply because they belong to the Father. True rest comes when we stop acting like employees and start resting like children.

There is an ancient voice that breaks through the noise of your performance anxiety. It is not a voice of demand, but of delight. Even on your most unproductive day, this Promise remains true for you:

**“You are my beloved child; simply being with you brings Me joy.”**

*(adapted from Mark 1:11)*

This week, I invite you to put down the whip of the achievement society.

You don't have to earn your rest. It has already been given to you.

With grace,

**Dr. Thomas Shin**

*Spiritual Guide & Writer*