

# Pronghorn

SUMMER 2008

LIFESTYLES OF CENTRAL OREGON

**Health & Wellness Issue Featuring:**  
The Golf Wellness Weekend  
The Accidental Health Nut  
25 Summer Things to Do

On the Cover: A Tricky Par 3 on 8th Hole of the Tom Fazio Signature Course





# Sweet Doing Nothing

BY KYLA MERWIN CHENEY

In these busy 21st Century days, when there is a black hole of things on our To-Do lists and new demands around every corner, it's not very easy – or popular – to be doing nothing. As in, *no thing at all*. N-o-t-h-i-n-g. *Nada, niente, nula, nyet.*

There is actually an art to it, but the irony is: you have to swim against the current to get there. But once you're there... aaah ... sweet doing nothing!

*“It is impossible to enjoy idling thoroughly  
unless one has plenty of work to do.”*

—Jerome K. Jerome, *The Idle Thoughts of an Idle Fellow*

## *The Current*

When was the last time you asked someone how they were and they didn't say, with a heave of the heart, "Busy." This is because – despite the respite the technological age promised us, we're actually busier because of it. Blackberrys, text messaging and laptops make us more available, more fragmented and more prone to the nasty word, *yes*.

The word *yes* is your enemy. "Can you do this?" "Would you do that?" "Please do this one little vitally important thing for me." "Please reply ASAP." "Let's have a meeting." Sound familiar?

Just say *no*.



You're swimming upstream in a current of to-dos, requests, deadlines (tell me about it) and mini-emergencies. And the world will stop revolving without you. *Hmmm*. Time to put a toehold in reality.

Here's what Oprah Winfrey said on the subject of the word *yes*: "Before you agree to do anything that might add even the smallest amount of stress to your life, ask yourself: What is my truest intention? Give yourself time to let a *yes* resound within you. When it's right, I guarantee that your entire body will feel it." Not feeling the earth move when someone wants you to do something for them? *Just say no*.

It's hard. Stress helps define us as busy and important people. Might you have to re-imagine yourself in order to stop and do nothing? So be it.

In his book, *The Idle Thoughts of an Idle Fellow*, Jerome K. Jerome proposes that, "It is impossible to enjoy idling thoroughly unless one has plenty of work to do." So live it up; turn your back on the plenty. Embrace the nothing.



 The deck at the Clubhouse allows you to survey the kingdom of the Central Oregon sun, the beauty of the Cascade peaks and the emerald green golf courses, *without having to do anything about it.* 

## The Art of Doing Nothing

You're nervous, aren't you? You're saying to me, "Define *nothing*." Can it involve a book? A puppy? A swim? A trip to Tuscany? Answer: I don't have an opinion on that. It's your life. It's your *nothing*.

To Winnie the Pooh, capital D, capital N "Doing Nothing" is "just going along, listening to all the things you can't hear, and not bothering." Perhaps your nothing is more exotic, involving a lawn chair and a mojito. In the summer, sunshine helps. In the winter, a gas fireplace that you don't have to stoke, feed or chop wood for. Getting back to Oprah's advice, we can assume that you will know true relaxation when it resonates through your entire body, infusing you with that highly-coveted and elusive notion of peace. (Insert heavy sigh here.)

Happily, there are some bona-fide experts at Pronghorn who can help you. Start with the Concierge, who knows everything, and work your way to the Health & Wellness Spa, for example, for a mint mudpack. Or stroll over to The Trailhead and flop on a chair, letting *Moby Dick*, and the great white whale of your troubles, rest in your lap. For inspiration, the deck at the Clubhouse allows you to survey the kingdom of the Central Oregon sun, the beauty of the Cascade peaks and the emerald green golf courses, *without having to do anything about it.*

Millennia ago, Herodotus expounded: "If a man insisted always on being serious, and never allowed himself a bit of fun and relaxation, he would go mad or become unstable without knowing it." *Don't let this happen to you.*

Take a load off. Breathe the dry, high desert air. Let everything wait. In the immortal words of Bugs Bunny: "Don't take life too seriously. You'll never get out alive." {/}