

Mine, Yours and God's



This concept from Byron Katie has had a significant impact on my life. You learned about the ways to break down beliefs in the last module and now we are learning more from this amazing author!

1.

Read the following excerpt from *Loving What Is* by Byron Katie, pages 3-4:

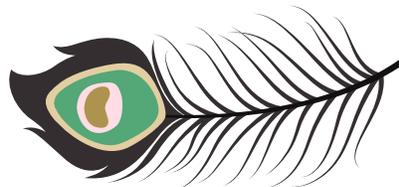
I can find only three kinds of business in the universe: mine, yours, and God's. For me, the word God means "reality." Reality is God, because it rules. Anything that's out of my control, your control, and everyone else's control -- I call that God's business.

Much of our stress comes from mentally living out of our own business. When I think, "You need to get a job, I want you to be happy, you should be on time, you need to take better care of yourself," I am in your business. When I'm worried about earthquakes, floods, war, or when I will die, I am in God's business.

If I am mentally in your business or in God's business, the effect is separation. I noticed this early in 1986. When I mentally went into my mother's business, for example, with a thought like "My mother should understand me," I immediately experienced a feeling of loneliness. And I realized that every time in my life that I had felt hurt or lonely, I had been in someone else's business. If you are living your life and I am mentally living your life, who is here living mine? We're both over there. Being mentally in your business keeps me from being present in my own. I am separate from myself, wondering why my life doesn't work. To think that I know what's best for anyone else is to be out of my business. Even in the name of love, it is pure arrogance, and the result is tension, anxiety, and fear. Do I know what's right for me? That is my only business. Let me work with that before I try to solve your problems for you. If you understand the three kinds of business enough to stay in your own business, it could free your life in a way that you can't even imagine.

The next time you're feeling stress or discomfort, ask yourself whose business you're in mentally, and you may burst out laughing! That question can bring you back to yourself. And you may come to see that you've never really been present, that you've been mentally living in other people's business all your life. Just to notice that you're in someone else's business can bring you back to your own wonderful self. And if you practice it for a while, you may come to see that you don't have any business either and that your life runs perfectly well on its own.

--Byron Katie



2.

Read the following post titled, *Whose Business Are You In?* from Byron Katie's website: www.thework.com:

Notice when you hurt that you are mentally out of your business.

If you're not sure, stop and ask, "Mentally, whose business am I in?"

There are only three kinds of business in the universe: mine, yours, and God's.

Whose business is it if an earthquake happens? God's business.

Whose business is it if your neighbor down the street has an ugly lawn?
Your neighbor's business.

Whose business is it if you are angry at your neighbor down the street because he has an ugly lawn? Your business.

Life is simple—it is internal.

Count, in five minute intervals, how many times you are in someone else's business mentally. Notice when you give uninvited advice or offer your opinion about something (aloud or silently).

Ask yourself: "Am I in their business? Did they ask me for my advice?" And more importantly, "Can I take the advice I am offering and apply it to my life?"

3.

Putting our business into perspective.

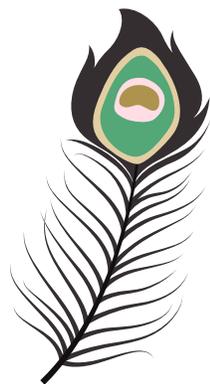
Here is a chart you can use any time when need to ask yourself, "Am I in their business?"

MINE	YOURS	GOD'S
My Actions	The Actions of Others	What our current reality is
My Reactions	The Reactions of Others	Mother Nature
My Responses	The Responses of Others	Things out of everyone's control
My Feelings	The Feelings of Others	Asking help to forgive and courage to move on without reacting
My Beliefs	The Beliefs of Others	
My Emotions	The Emotions of Others	Support staying in our own business



Sample statements to understand the three types of business. Sometimes we are in others business and God's at the same time:

1. My dad forgot my birthday.... Again. *(My dad's business)*
2. My co-worker is always 10 minutes late for his shift and my boss does nothing. He should at least get a warning. *(My co-workers and my boss's business)*
3. The repair guy is one hour late and I'm going to miss my lunch appointment. *(His business and God's)*
4. My cancer could come back. *(God's business)*
5. The lady behind me at Costco told me my kids were too loud and I should get things under control. *(Her business)*
6. My husband and I got in a huge fight and he said some hurtful things about me. *(His business)*
7. The power outage is lasting so long and I had to throw out all my food. *(God's business)*
8. My daughter that is living in the dorms should call me at least once a week. *(Her business)*
9. He should have been there for me when I was sick. *(His business)*
10. I'm terrified for my daughter to drive again. She shouldn't be driving because she could get in another car accident. *(her business and God's)*



◆ The 3 Types of Business Reflection Questions ◆

Focusing on our business and truly starting to become aware of it will ultimately help us stay at cause in our lives. When we are in the business of everyone else, including God's, we become in effect.. because what everyone else is doing or what is happening is causing our current negative state! When we take ownership of our own business, we stay in cause. When we are in cause, we know we can create anything we desire in this life and therefore at any time, can change it! Answer these questions thoughtfully and let me know if you have any questions or if anything comes up for you along the way.

1.

Whose business am I in most of the time?

2.

How well do I stay in my own business day-to-day?



3.

When someone offends me, whose business am I usually in?

4.

What beliefs do I have about myself that are holding me back from staying in my own business? (You can go back to Module 5 and run the beliefs through the work to help let it go)

5.

What beliefs do I have about others that are holding me back from staying in my own business? (You can go back to Module 5 and run the beliefs through the work to help let it go)

6.

Who do I need to forgive or ask forgiveness of to stay in my own business?
Do I need to forgive myself for anything in the past so that I can stay in my own business?

(You can use the power of prayer to release these thoughts along with the **Forgiveness Tapping Script**. You can also use the **Everyday Tapping Script**: Even though (*insert person and what you have held against them*)... I completely love myself, accept myself and forgive myself (3 times). Tap as many rounds as needed to get everything out and feel the shift in your body... often less negative charge accompanied by a big breath. Repeat "Even Though" again (3 times) and then turn it around to the positive things about this person and the importance of letting it go.

Check in and see if the charge has lessened. It is a powerful practice to include in your regular routine and can truly help us stay in our own business. This creates space for us to have so many positive and beautiful emotions when we are no longer carrying so many things against ourselves and others.

7.

What business do I need to give back (things out of my control and my energy) to others, like with my spouse? My children? My Family? My Friends? My Co-workers? **Example** (Our business is often crossed with others when we include words like: should, shouldn't, can't, don't, won't. If I were thinking: My husband shouldn't watch TV before bed, I am actually out of my business. I can control my reactions and I can invite him to do something else with me. Ultimately, it is his business and not mine for that choice).



8.

What business do I need to give back to God?

9.

What am I in control of every day?

