Staying In Your Own Business, by Byron Katie

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

Much of our stress comes from mentally living out ofÂ our own business. When I think, "You need to get aÂ job, I want you to be happy, you should be on time,Â you need to take better care of yourself," I am in yourÂ business. When Iâ€™m worried about earthquakes, floods,Â war, or when I will die, I am in Godâ€™s business. If I amÂ mentally in your business or in Godâ€™s business, theÂ effect is separation.

I noticed this early in 1986. When IÂ mentally went into my motherâ€™s business, for example,Â with a thought like "My mother should understand me,"Â I immediately experienced a feeling of loneliness. AndÂ I realized that every time in my life that I had felt hurt orÂ lonely, I had been in someone elseâ€™s business.

If you are living your life and I am mentally living your life, who is here living mine? Weâ€™re both over there.Â Being mentally in your business keeps me fromÂ being present in my own. I am separate from myself,Â wondering why my life doesnâ€™t work.To think that I know whatâ€™s best for anyone else is to beÂ out of my business. Even in the name of love, it is pureÂ arrogance, and the result is tension, anxiety, and fear. Do IÂ know whatâ€™s right for me? That is my only business. Let meÂ work with that before I try to solve your problems for you.Â If you understand the three kinds of business enoughÂ to stay in your own business, it could free your life in aÂ way that you canâ€™t even imagine.

The next time youâ€™reÂ feeling stress or discomfort, ask yourself whose businessÂ youâ€™re in mentally, and you may burst out laughing!
ThatÂ question can bring you back to yourself. And you mayÂ come to see that youâ€™ve never really been present, thatÂ youâ€™ve been mentally living in other peopleâ€™s businessÂ all your life. Just to notice that youâ€™re in someone elseâ€™sÂ business can bring you back
to your own wonderful self.Â And if you practice it for a while, you may come to seeÂ that you donâ€™t have any business either and that your life runs perfectly well on its own.

--Byron Katie