



Staying In Your Own Business, by Byron Katie

I can find only three kinds of business in the universe:Â mine, yours, and God's. For me, the word God means "reality." Reality is God, because it rules.Â 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 ofÂ our own business. When I think, "You need to get a job, I want you to be happy, you should be on time,Â you need to take better care of yourself," I am in your business. When I'm worried about earthquakes, floods,Â war, or when I will die, I am in God's business. If I amÂ mentally in your business or in God's business, theÂ effect is separation.

I noticed this early in 1986. When IÂ mentally went into my mother'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 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.Â Being mentally in your business keeps me fromÂ being present in my own. I am separate from myself,Â wondering why my life doesn't work. To think that I know what'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 what'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 can't even imagine.

The next time you'reÂ feeling stress or discomfort, ask yourself whose businessÂ you're in mentally, and you may burst out laughing!

ThatÂ question can bring you back to yourself. And you mayÂ come to see that you've never really been present, thatÂ you've been mentally living in other people's businessÂ all your life. Just to notice that you're in someone else'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 don't have any business either and that your life runs perfectly well on its own.

--Byron Katie

