

The Three Kinds of Business

There are only three kinds of business in the universe: **mine, yours, and God's.** Reality is God, I noticed, because it rules. Reality is always benevolent. The unquestioned stories we superimpose onto reality are never as kind as reality.

Whose business is it if I am feeling happy or sad? **My business.**
 Whose business is it if you are feeling happy or sad? **Your business.**
 Whose business is the weather? **God's business.** (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 and loneliness. 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. Of course I feel lonely and separated! No one else causes my loneliness. I do that.

Notice when you feel loneliness or separation. Are you mentally out of your business? If you are not sure, stop and ask yourself, "**Mentally, whose business am I in?**" Notice when you give uninvited advice either out loud or silently. Whose business are you in when you are giving unsolicited advice?

Exercise

Whose business is it? Check off your responses below:

	My Business	Their Business	God's Business
My height	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attending a concert	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rush-hour traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My mother's depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
War in the world	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My brother's vegetarianism	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
What I had for dinner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My boss's anger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you understand the three kinds of business enough to stay in your *own* business, it frees you to see your own path with much more clarity. Eventually you may come to realize that *you* don't have any business either and that your life runs perfectly well on its own. You may begin to give yourself the same courtesy that you give us.