

## The Truth About the Truth - Part 2

By Gayle North

*"The teacher you need is the person you are living with. Are you listening?"*  
- By Byron Katie, Loving What Is

In my last article, I reviewed some of the insightful concepts and questions for self-inquiry in Byron Katie's book, *Loving What Is*. Her Inquiry process is composed of several questions you can apply to your "stories" – especially the stories you develop about how another person "should" think or act.

Do you think of someone in your life that "should" be doing things differently?

If you have a story such as: I'm angry with George because he never listens to me. Investigate your statement with these questions in the Inquiry process.

*How do you react when you think that thought? How do you treat him? Do you talk more or louder to convince him you are right? How do you feel inside? Do you eat more or watch television or feel depressed and lonely?*

**Notice all the effects of thinking about your story statement.**

*Who would you be without the thought? Consider who you would be if you weren't able to think the thought. Take your time and notice how that feels and what is revealed to you. Now, try turning the words of your statement around. For example: I'm angry with **myself** because George doesn't listen to me. I'm angry with **myself** because I don't listen to George. I am angry with **myself** because I don't listen to **myself**.*

**Are you listening to yourself?**

Sit with different versions of your story statement and notice your insights.

This is just one simple story statement. Think about how many of these stories you harbor in your mind and body. How is each one affecting your life? How much of your precious energy for living your own life is being used up to keep your judgments alive? As you make this energy sacrifice, are you contributing to the changes you desire in your loved one? Is your approach contributing to keeping them stuck in the behavior – giving more of what you don't want?

As you become more aware of your stories about yourself and others, hold them up to the light of inquiry and reclaim your personal energy for your own health and healing.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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