

I Am Not My Behaviour

Most people will agree that they are being at least most of the following ten ways MOST of the time: heart, soul, mind, body, senses, sensations, thoughts, feelings, behaviours, and memories.

However, most people are 'trained' to judge themselves as their good or bad behaviours. In order to correct this error, ask yourself the following questions whenever you rate yourself as being any good or bad behaviour:

1. Is my **heart** that behaviour?
2. Is my **soul** that behaviour?
3. Is my **mind** that behaviour?
4. Is my **body** that behaviour?
5. Are **all** my **senses** that behaviour?
6. Are **all** my **sensations** that behaviour?
7. Are **all** my **thoughts** that behaviour?
8. Are **all** my **feelings** that behaviour?
9. Are **all** my **behaviours** that behaviour?
10. Are **all** my **memories** that behaviour?

Since you can easily answer 'No!' to each question then you are **not** the behaviour you judged or rated yourself to be.

Obviously, since you are being heart, soul, mind, body, senses, sensations, thoughts, feelings, behaviours, and memories most of the time, you **cannot** also be just one or even a few behaviours at any one time. You can only be **all** that you are at any one time. To think that you are less than what you are is an obvious error or mistake.

For example; if someone calls you a name—that cannot make you anything. You can never become someone's opinion of you, because you are so much more than mere descriptions, labels, names, or thoughts.

To prove this to yourself, remember a time when you or someone else labelled you as 'stupid.' Now, ask yourself if that was or is true—by remembering the ten parts you always are and by asking if each one of those ten parts is stupid just because you did a stupid thing and so were mislabelled as stupid.

The answer is '**No!**' you are **not** stupid even if what you did was stupid. You **cannot** be stupid!

Now you know the truth that to label people or to call people names is just to lie. We can accurately label behaviours, but **not** people, **not** beings!