

Week 5: Who's Right, Who's Wrong, and Why It Matters?

*Out beyond ideas of wrongdoing and rightdoing,
There is a field. I'll meet you there.*

~ Rumi

Fill in the Blanks

If you are going to eliminate conflict, you need to start with understanding a fundamental fact about conflict.

It is only found in the _____ hemisphere.

When the separation goes away, so does _____.

Rather than a bunch of individuals, the _____ hemisphere sees only patterns, intimately connected, and inseparable from each other.

SELF-REFLECTION

Consider your conflicted relationship. How much time and energy are you both investing into determining who has the right to their position?

If you feel justified that you are right and the other wrong, does this fuel your fire or diminish it?

If the other person lies do you feel shocked? Unfairly treated? Victimized?

Does the idea of letting go of the global need to determine right from wrong sit well with you? If not, why not?

In this module I suggest that the simplicity of believing that we can determine right from wrong results from the left-hemisphere's perspective that the whole is comprised of individual parts that can be understood best by extracting them from the whole.

I further suggest that to adopt this position is harmful in that it actually leaves you even more vulnerable to the manipulation that is left-brain's way of operating.

Do you agree or disagree?

SELF REFLECTION

Byron Katie's, *The Work*, beautifully demonstrates the idea that the whole is always greater than the sum of the parts. Katie (as she likes to be called) uses a series of four questions followed by what she calls turnarounds.

For this exercise though we will concentrate on what she calls the turnarounds and skip the questions. However, here are the four questions if you want to try them for yourself. The questions are: #1. Is the belief true? #2. Are you absolutely certain it is true? #3. How do you react, what happens, when you believe that thought? #4: Who would you be without the thought?

Following these questions, she does what she calls turnarounds.

To begin your “turnarounds” consider one of your beliefs about the person you are in conflict with. I will use an example belief of, “She doesn’t respect me”

YOUR BELIEF: _____

Now turn this belief around as many ways as you can. For example:

TURNAROUND #1:

“She doesn’t respect me” turned around becomes *“I don’t respect me”*.

Now identify at least three specific, genuine examples of how this turnaround is true.

TURNAROUND #2:

“She doesn’t respect me” turned around becomes *“she does respect me”*

Now list at least three, specific and genuine examples of why this statement is true.

TURNAROUND #3:

“She doesn’t respect me” turned around becomes *“she doesn’t need to respect me”*

TURNAROUND #4:

“She doesn’t respect me” turned around becomes *“I don’t respect her”*

Now list all the genuine reasons why the statement ‘I don’t respect her’ is true.

Did you find this activity helpful in softening your belief in being right or being wrong? If so, use it to support the uncovering of new and varied perspectives. But, as always, keep in mind that your job as a Pattern Maker is not to substitute one truth for another truth. It is to land powerfully in the unknown so the optimal pattern can guide you from the triangle of Wisdom, Compassion and Trust.

ACTIVITY #1: Guided Audio Activity

This week listen to the guided audio on 'who's right, who's wrong and why it matters. Capture your findings from that guided audio activity here.

ACTIVITY #2: Daily Repatterning

DAY 29

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #6					
Impact List #5					
Make Wrong List #7					
Impact List #8					

Tip of the day

Right and wrong is unanswerable.

DAY 30

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #8					
Impact List #7					
Make Wrong List #6					
Impact List #5					

Tip of the day

In efforts to correct the problems that it created in the first place, the left hemisphere imposes a moral code that we are all supposed to follow. This morality is nothing compared to the innate morality that exists in the right hemisphere.

The right hemisphere doesn't need to be taught morality to know that when I win, you also win, and if you lose, I also lose.

DAY 31

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #4					
Impact List #3					
Make Wrong List #10					
Impact List #11					

Tip of the day

In a left-brain dominant world with no access to trust, we have established the need to manipulate everything ... including ourselves.

Oh, sigh... the right hemisphere of our brain would say if it could talk.

DAY 32

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #5					
Impact List #4					
Make Wrong List #9					
Impact List #9					

Tip of the day

Have the courage to let go of your vulnerable position of needing to be right.
Optimal can never be reduced down to opposites.

DAY 33

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #7					
Impact List #8					
Make Wrong List #7					
Impact List #7					

Tip of the day

Does it work? Does it work for everyone?

DAY 34

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #2					
Impact List #2					
Make Wrong List #1					
Impact List #1					

Tip of the day

It would appear that our left brain world has now reached the limits of its workability and yet despite this fact, it keeps trying to hold on.

DAY 35

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #3					
Impact List #3					
Make Wrong List #4					
Impact List #1					

Tip of the day

Be brave; you won't be proven wrong just by letting go of being right.

The whole is always greater than the sum of the parts.

Congratulations on completing this week's activity.
Your next discovery session is now open