

Radical Responsibility

Working the Cutting Edge of Love

Own What You Own, Absolutely.

Disown What You Don't Own, Completely.

What is the “cutting edge of Love”, you may ask. There are many moments when we are faced with an important choice. The choice is simple: to trust fear over Love or to trust Love over fear. You could see this as a question to yourself... fear or Love On Purpose?

The cutting edge of Love is a moment of choice for fear or Love On Purpose.

To be clear, the reference to Love here is not about a feeling or emotion. It is the Love that transcends and transforms yourself and your life. It is a power rather than an emotion. A Love that will kill you. The beginning of Love is the end of the Ego. In this way, it does kill the fearful self. Yet it is not violent. Fear grows in denial, confusion and blame. Fear dissolves in Love.

This is the second, of a three-part series where we will explore the principles and practices to keep you on the cutting edge of Love. Applying this will empower you to live with purpose that moves you.

In Part I, we explored what it is to live with and apply Raw Honesty. Here in Part II, we are going to delve into Radical Responsibility. In Part III, we will cover Uncommon Courage.

If you found a way to navigate and negotiate relationships where you could drastically reduce or eliminate all suffering, would you apply it? Imagine if, with each encounter in life, you knew you could trust yourself to engage, negotiate and create with clarity, power and respect.

The Fifth “Kind Emperor of Rome”, Marcus Aurelius, is paraphrased as saying: *“The people of Rome believe I rule Rome. They are thoughtful to say, at times, I do it with kindness. They are wrong. I do the best I can to rule my thoughts, energy and action. From there it appears I rule Rome”.*

Think of this. A man who ruled Rome, narrowing his focus to what he has absolute dominion over. He had discovered a leverage of power which is complete.

A surefire access to trusting yourself and creating all your interactions with uncommon clarity, power and respect, is:

- **1. Own what you own, absolutely.**
- **2. Disown what you don't own, completely.**
- **3. Practice this in every interaction.**

Thought Energy and Action is the sovereign measure for living On Purpose. *YOUR* thought, energy and action is something you have absolute dominion over. If you learn to own this absolutely, you will be the emperor of your kingdom and relationships. The thoughts, energy and actions of another is something you have no authority whatsoever over. You may be able to influence another person, but if you look, upon closer examination you will see it is accomplished with your thoughts, energy and action.

Owning what you own absolutely, releases the opportunity to be a victim. When you take ownership of what you do own, a sense of power flows in and through you. The desire to be a victim becomes very unattractive by contrast.

Disown what you don't own, completely. With practice owning your own thoughts, energy and action, being concerned or taking overdue responsibility for those of other people starts to lose its appeal. At first, the idea of letting go of responsibility for other people's thoughts and feelings may seem insensitive or even mean. However, a case could be made for, **it is not only insensitive and mean to take responsibility for another's thoughts and feelings, it also undermines their access to clarity, power and self-respect.**

Think of people in your life, or times when you have thought and said things like "I don't want you to think ____". And times when you have told people "I don't want you to feel ____, or you shouldn't feel ____". There may be times when you don't share things because you don't want to hurt their feelings, or you are afraid of disappointing them. *It is as if their hurt feelings or disappointment are your responsibility. Consider the impact of this.* You are telling them how they should think and feel different than they do. Your resistance to their thoughts and feelings does not make it better. In fact, your resistance probably makes the thoughts and feelings, you have said "should be different", stronger as what we resist persists.

Practice these in every interaction. By committing and practicing owning what you own, and disowning what you don't, in every interaction, you will see the ways you communicate, your relationships, and the sense of personal power you experience increase dramatically. Your sense of autonomy and creativity will take you to new levels for yourself and others.

Will you give this a try this week as a way to source and thrust your Thought, Energy and Action On Purpose?

- 1. Own what you own, absolutely.
- 2. Disown what you don't own, completely.
- 3. Practice this in every interaction.

You may be shocked too, by the added benefit of guilt, blame and shame dissolving as you are no longer confused about what you own and what you don't.

In The Game with you....