

A woman with long, wavy hair is sitting in a classic-style chair. She is wearing a dark blazer over a white top and dark pants. Her right hand is resting on her chin. To her left is a vintage typewriter on a wooden stand. The background is a textured wall, and the floor has a marbled pattern. The entire image is overlaid with a semi-transparent white filter.

*Paul*  
ACADEMY

SESSION

TRANSCRIPTION

Hey guys, welcome to session 10 of Letting Go. Last week we talked about letting go of thoughts and feelings, and I hope that the visual that I gave you and the questions that I told you to ask yourself about each one of those thoughts and feelings will help you take control over what they actually are and what you want them to be. What we're going to talk about this week is letting go of what people think, which is something that most of us struggle with and I think every person throughout their life goes through a period of time where this is something that they struggle with. And that they project and believe that certain thoughts are going through someone else's mind. Now you know this better than anyone, but you cannot know what's going on inside of a person's mind. What you think is going on inside their mind is probably a projection of what you feel and think about yourself. The way that you're feeling in the moment and the way that you're thinking about yourself in the moment.

It has nothing to do with what's actually going through their mind. I'm sure you've gone through a time where you thought to yourself, I am positive, this is why this person did what they did, or this is why they said what they said, but you have no idea. Sometimes we can't even understand our own thoughts, let alone trying to understand someone else or what's going through their mind. You read all these articles that tell you the thought behind every behavior that someone shows you, but you really can never 100% know. The only thing that you can be in charge of is your own thoughts. So with the activity that you did last week for this week, where you put yourself in the middle and put all these thoughts and judgments that you think people around you have about you, I want you to do the same thing you did with the previous week's activity. So I want you to ask yourself these two questions: is it true? And is it helpful?

So if I think that a coworker of mine thinks I'm not good at my job, for example, I have to evaluate first, if that's true about me. And if it's helpful, and we went through this example last week where I said, it's not a helpful thought to have that I'm not a good teacher. It's a helpful thought to have that I need to get more professional development for example. Say another thought that you have that someone else thinks of you as this person thinks that I have an eating disorder. Or this person looks at me as I'm too skinny or I'm too fat, or I'm too whatever. And you have to ask yourself, is this true? And your truth is totally related to how you define that certain truth about yourself. Okay? Is it helpful of you to walk around thinking that that person thinks that of you? And you're going to get the answer that I'm positive you will get which is not helpful. It's not helpful.

Plus, if you ask yourself the question, is it true that this person is thinking this way? Your answer is always going to be, I'm not sure. You really do want to believe that that's the truth because it somehow confirms what you already think of yourself for yourself. Right? You want to believe that that person is thinking something because it confirms whatever thought you have about yourself. It's always better to have a yes or a no than it is to not have either of them, than it is to have the uncertainty. Either this person is thinking this way or they're not thinking this way, but you don't want to be uncertain, you don't want to be in that space of, well I don't know what they're thinking. I'm not in control of that. I'm only in control of what I think.

When it comes to certain scenarios in your life, you might think that, well this person continues to behave a certain way. Even though I told them for a fact that something bothers me. So say you told your friend that it bothers you when she or he, goes out with other people and doesn't tell you. And then your friend continues to do that behavior. It's very tempting to say, my friend is doing this because she or he knows that this bothers me and so they're intentionally doing it to hurt me because they know how it makes me feel. It's very tempting to think that way and I've fallen into that myself. I've always said like, well, if I told someone how this makes me feel and they continue to do it, then they're doing it intentionally.

But to become a little more mature and step out of that way of thinking, we have to ask ourselves, is this person just taking ownership over their own decisions and time, regardless of how that makes us feel? Is this person putting themselves first and as a byproduct I'm being made to feel that way? Or I'm feeling that way or thinking that way about their behavior? Because more often than not, people are not intending to hurt you. People are to do what feels right to them in the moment. It doesn't mean that they're intending anything and it's very harmful for you to accept that someone, again, more often than not that you care about is trying to cause you pain. When really all they could be doing is that they're doing the best they can with what they have, and that they're just not always aware of the way that they're making you feel. Like it's no one's responsibility to walk around 24/7 thinking, how is this behavior going to make Najwa feel? It's no one's responsibility to do that.

And that's why we're going to talk about this in the next session about setting boundaries. That's why it's very important that you take ownership over the way you feel and that you

take ownership over the way that you think. Okay, so for example, if you are projecting that someone thinks a certain way of you or is judging you a certain way, let's say, let's assume that that's true, that they are judging you. Or they are thinking whatever it is that you think of you. Is it going to mean for you that you're going to work so hard to change how that person thinks of you? Probably. Is that right? No, I'm not going to make exceptions because it is never your responsibility towards yourself or anyone to be and change yourself to a person who is actually not you, just for the purpose of fitting into someone else's life. Okay?

So if that judgment or that thought were true from that person, this is when you need to decide. Instead of focusing on changing their mind or changing the way they think, you need to ask yourself, why am I still in touch with this person? Like if this is how they actually think about me, why am I choosing to keep them in my life? Well, because I care about them. So if you care about them, is that coming through when you express yourself, or is it coming across as a demand? So are you saying you make me feel this way or you think this way of me, that accusation is not coming out of care. It might stem deep down from you caring about this person and wanting them to care back. That's the problem.

So you have to understand that when you tell someone about a certain thought that you have, that they have of you or a certain way that you feel, make sure it's coming out of love. Make sure it sounds like love and care. I'll give you an example of that next time because we're going to go more in depth into it.

So now I'm going to read a page from Mind Platter Called Stay True To Yourself. It's also one of my absolute favorites. "Don't worry about what people think of you or about the way they try to make you feel. If people want to see you as a good person, they will. If people want to see you as a bad person, absolutely nothing you do will stop them. Ironically, the more you try to show them your good intentions, the more reason you give them to knock you down. Keep your head up high and be confident in what you do. Be confident in your intentions and keep your eyes ahead instead of wasting your time on those who want to drag you back. Because you can't change people's views, you have to believe that true change for yourself comes from within you, not from anyone else."

I remember writing this page because I was going through a very difficult time with again, making assumptions of what people thought of me based on the way they treated me. So if someone treated me with disrespect, I would think to myself that they're treating me with

disrespect because something within me doesn't deserve respect. So I must change myself into a person who they believe deserves respect, which is such a toxic way of thinking. So when I wrote this, I remember coming to the realization that I cannot change the way people think. I cannot change the way people think of me. I can't change the way that people feel about me. And I've come across people in my life who've attached a certain label to me and refused to let go of it even after I explained myself. I have no power over someone else's thoughts. And I don't know whether what they verbalize or express is actually what they truly think. Because a lot of times what we say is not just based on our truest, authentic self.

Sometimes pain gives birth to words and sometimes pain and sorrow and anger towards oneself speaks. And that's what we hear and that's what we make an assumption based on. So it's very important that you stay strong as you are with positive and productive thoughts that you have about yourself. Do not try to change the way that someone thinks of you. Even if they tell you that they've changed the way they think of you, it's words that count, it's action. Has their behavior changed towards you as a result of that? Have they actually proven to you through action, through the way they've changed that they've changed the way they think of you? So ask yourself these questions. Another page that I want to read to you from Mind Platter, which I think applies to many, many, many situations of letting go and taking the lead in your life. So this one is called take the lead and it's page 15.

"You choose how your life is going to be. Don't let anyone make decisions for you unless they've got your head on their neck and your heart in their chest. Be a leader, a leader of your own life, and don't get yourself to a point where you realize that you are on a road that is not your own. And no, leadership does not mean that you have to be popular or have people following you. Being a leader is about leading your own mind's logic, and leading your own heart's reason. Be cognizant of the decisions that your mind and heart make and your life will be much more meaningful and rewarding."

Again, you hear the word leadership. You think people in high positions of power. Well, you are the person in the highest position of power in your own life. That's what it should be like. But ask yourself, is it actually like this? Are you the leader of your path? Or are you someone who allows people what you think people think of you take higher ownership over what you do with your life and over how you live your life? Are they higher than you? I guarantee, I guarantee that most of you have allowed a thought or a feeling or a person or an environment or a place to take that highest CEO position in your life. And you need to

demote that person or fire them and you need to sit on that throne at the top. So I know I can't hear you, but do you promise to do that? And I hope that you said yes. So the next page, I'm going to read this page 27 from Mind Platter and it's called Invest Your Feelings Wisely. "Be careful what you invest your feelings in and don't expect people to care for you the same way that you do for them just because common sense says they should. The moment you decide to allow your feelings to move in a certain direction, there is the potential to lose control of them. Your feelings may even become your own enemy through other's hands.

That is why I say don't invest your feelings in things, don't invest them in people. Don't be good, considerate, honest, generous, and compassionate to others because you're investing in them as people, because you expect something in return. If you do, you will be and most likely you already have been, brought to deep disappointment. Be good to people because you're investing in goodness, consideration, honesty, generosity and compassion because those qualities have never failed to be rewarding. Treat people righteously because you are investing in the righteousness of yourself and trust me, you will get something in return. You will be happy, you will be content, you will be truly free."

I want you to use this page to connect last week's session with this week session. A lot of times we allow our thoughts and feelings about ourselves, and thoughts and feelings about others, and thoughts and feelings that we think others have about us to change our behavior, to change who we are as people. And I talked about this in the session about letting go of someone. You've all met someone, who after going through a heartbreak says, I'm never going to love again. I'm never going to open my heart again. I'm going to be a strong, tough person and no one's ever going to see that I'm weak or sensitive. We've all met those people.

What you're doing in a case like that is that you are allowing your projection of someone's behavior and thoughts and feelings to make you someone that you're not. And the reason you're doing that is because by giving them everything that you gave them, you're expecting that they're going to do it in return. And when you get that disappointment, that in itself needs to teach you that you cannot change

the way someone thinks, feels or behave. And your purpose of treating someone the right way should never be that they treat you that way in return, it should never be that a confirmation or validation that what you gave is good and by association you are good. It

should never be about what you're getting in return.

When you invest in a person, it should never be investing in the person. It's about you investing in yourself and in humanity in the world. The goodness that you give never goes to waste as long as it's investing in goodness. If it's investing in a person, it might go to waste. And if you don't learn from it, it also will go to waste. So just remember, do not focus the love that you have, the kindness that you have, the thoughts that you have, the feelings that you have on what you're getting in return. Focus them on what they actually are. Focus on perfecting them and making them beautiful because that makes you a beautiful person and that's what our world needs.

So I hope that this helped and I look forward to listening to all of your reflections during the Q&A. Now what I want you to do for the Q&A is based on a task that I gave you last week. I want you to keep that same diagram with you in the middle and all these arrows. And then what I want you to do is change the language that you have to, this is what I think they think of me. Instead of this is what they think of me. That change in language alone will bring you so much to think about and so much to reflect on. That's what I want you to do for the Q&A. So now that you've made plans to let go of people, places, habits, feelings, and thoughts, the way that people think of you, which is a lot. But I hope that it was productive and that it's helping you so far. Now that you've made all of those plans, I am giving you a very, very general question for next week. I want you to tell me for each one of those people, places or things or habits or whatever that you've decided to let go of and made that plan to let go.

What are the boundaries that you need to draw for yourself to achieve that final destination of letting go for each one of them? And I want you to be as detailed as possible. And the reason that I'm not giving you too many details is that I want you to think for yourself, what does a boundary mean and how do I create that? Because we're going to talk about that next week. So have a lovely week. I look forward to speaking to you during the live Q&A. And I will see you soon.



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