

## **“I am OK – You are Not”**

**Someone (name withheld) who has been doing this work shared a situation with us and their response was a great modeling of this work. michael’s added comments are at the end:**

**They wrote to their colleagues (*Name calling had preceded this incident.*):** “I am not sure that we can hold ... any other standard against anybody. We all have our shortcomings, and we are probably all considered ... some other "not OK" label by somebody's standards. I certainly have my shortcomings, and I appreciate that people continue to accept and love me nonetheless.

Quite a bit recently, I have been speaking about living from a place of unconditional love (although certainly not fully living it). One of my dearest and closest teachers, dr. michael ryce [no caps], just sent me an email lesson in which he poses that even using the term unconditional love brings in the energy of conditions into the mind of those who speak, write, read and hear the word unconditional. Instead of unconditional love, he suggests living from all encompassing love. It was quite a mind shift for me, I will say. If you have ever gonged a bell, and the ring was still ringing afterwards, that is how I have been feeling ever since I got that email.

Is this something we can discuss more fully, and perhaps even address it in our policy manual?”

**Then in another correspondence to their colleagues they said:** “I have had some more thoughts about this.

I want to preface this by stating that this is not an attack on ... (*anyone*). We have all made similar statements; they just happened to be the current one that triggered my comments.

The transaction was an example of an "I'm OK, You're OK, He's Not OK" transaction. This type of transaction is very common in our culture, and is glorified in books, plays, TV, and movies. It is also very addictive, because those included in the OK group get to feel bonded with each other while joining in agreement that somebody is not OK. Most of us learned this way of relating at a very young age and had many role models demonstrate it to us, often first by making US not OK, then offering to bond with us by inviting us to join with them making somebody else not OK. Most of us took the bait, and bought into that way of relating, and the cycle has become rampant in our culture. Just watch any sitcom. Most of the so called humor can be reduced to: Somebody (I, you, he, she, we, or they) is not OK -- ha-ha!

I have been working to get beyond this way of relating and to transact from more win-win-win scenarios where EVERYBODY is OK. I have, by no means, fully succeeded. If transacting in the way I suggest is something that makes sense to you, I ask your help in modeling it for me and pointing out to me if I engage in any “not OK” references,

directly or by implication.

I look forward to discussing this idea further, and the idea of living it with you in our business especially inspires me.”

**Michael’s response:**

To go beyond the, "I'm OK- you are not" model, it has been shown in the laboratory that the thoughts of hostility or fear we think ‘we are thinking about others’ are self imposed and come from corrupted data in the mind. Those thoughts (any thought-the Loving ones, too) produce a molecule called a neuropeptide which, when it lands on a cell with a matching receptor site, is replicated in the cell. We get to live with the chemistry of our thoughts! And our bodies do not distinguish who we are thinking those thoughts about.

If, in our structure (Carbon Based Memory) we hold these molecules from the past, they will tend to repeatedly dictate our thinking and the only solution is to Forgive - not let others of the hook for what is in our Carbon Based Memory - but rather, remove from Carbon Based Memory what does not belong there. There is a 2,000 year old technology, recently discovered from an ancient manuscript, for how to do that.

Here is a link for the instructions.

[http://www.whyagain.com/\\_Chapter\\_24\\_Work\\_It\\_Out\\_With\\_Your\\_Best\\_Friend.pdf](http://www.whyagain.com/_Chapter_24_Work_It_Out_With_Your_Best_Friend.pdf)

In Smiles, Blessings and wishes for the Best year yet of your Eternal Lives!  
michael ryce