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SPEAKERS

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So it's fairly common for people to have a viewpoint or framework through which they understand their experience. And there's some basic default frameworks or attitudes or views that people have that are kind of their, their thing to see things through that lens. And often, we don't realize how pervasive they are. Sometimes they're just a few of the background. One of them that some people have, as they're a little bit oriented are very much oriented to noticing what's wrong with them what the problems are. So they're problem oriented, like what's wrong and where the where's the danger, where's the problem. And that's kind of the way that they're looking in their eyes. Or that's the orientation of their eyes like, searching for the problem searching for the, what's wrong and to attack it to fix it to get away from it, to all kinds of things. Some people specialize in looking at what's wrong with themselves. That is a very peculiar specialty. And so a tremendous amount of time is spent looking at oneself in a certain kind of conceit, that somehow you're important enough to find everything that's wrong about you. And so I'd like to know what's wrong, and that's wrong and what's wrong, you know, that's one orientation. And then another kind of orientation is what's wrong with everyone else. And that's another specialty. And so that's what we're looking at them to see or what's wrong with this situation. So to the degree to which there's these attitudes, or these kind of frameworks people use, it's actually can be very powerful to change the framework and maybe even take it into an experiment with the opposite. And so this one and what's wrong? Interesting. One is to say instead, what's, what's not wrong? What's not wrong? It turns out that chances are very high, that there is a lot more stuff that's not wrong at any given moment than what's wrong. I mean, the proportion is, you know, the proportion of all the things that are happening in the moment. And the report there, the number of them, the percentage of them which are wrong, versus the percentage with the ones that are not wrong. It's actually very small. That's, that's wrong. So what happens if you say what's not wrong here? What do you notice then? What do you notice about yourself? What's not wrong right now? Rather than picking up you know, particular strand of what's going on with you as being the giving it a lot of importance and a lot of emphasis at this is who I am, you should do to find yourself by it. There's you're much more than whatever definition you have. What's not wrong about you right now? And then other people what's not wrong right now? What's not wrong in this situation? And what, how does that shift your view? How does that shift your understanding? And more importantly, how does this shift your attitude about being alive being present being here being with what's going on? And in which is more right, which is the truest question. The question what's right, what's wrong? Or the question what's not wrong? can't really answer that question. What's truest? What's the most right thing to do? But which one is most beneficial for you and for others, which supports you the most, which opens the door to growth, which opens a door towards a healthier relationship to yourself and the world around you. And I suspect that for most people, asking the question, what's not wrong? will be more supportive, then, especially if asked if one way or the other, maybe you don't ask you and maybe you don't use the question, you don't use the words in your mind. So, but underneath you're kinda like always asking what's wrong here? But if you develop a habit

looking what's not wrong, what do you notice? What do you see? And we often if we live a life based on what we selectively perceive, we might be limiting our life very dramatically.

And so Can we open up the perception? Can we see in different way? Can we break through the filters that we maybe are stuck when for maybe for decades? And so I don't know what framework you have for how you look at the world. There are others besides what's wrong with some people, it's what can I get from the situation? Or can I acquire? Or what can I? How can I, in this situation? How can I prove myself as being the smartest, the wisest, the best was beautiful, whatever. And so always about how we look or how we're seen by other people, that's the orientation. Or how can I hide? How can I be so no one will see me? No one who can no notice me. There's all kinds of saying and lots and lots and lots of these underlying pervasive attitudes that people have they go through the world and if you're lucky enough to and discover what yours are. Try shifting the framework to the opposite or an alternative version of it. And the example I gave today was what's not wrong? What's not wrong? Some people's attitude is always looking for what's dangerous. Where's the danger here? Because they're fear based, and might look around, then what's not to fear here. Or if it's always about getting something, wonder what I can give here. You know, anyway, so it's to play around like this and to shift the language, the framework can open the door to a whole different relationship to what's going on. And to get good and look at rich shifting the framework can give people a lot of freedom, and they help people not get stuck in these habitual frameworks which are not really serving us very well. So What's, what's not wrong right now? Right now what's not wrong about you? Being here sitting here? I like the question what's not wrong instead of what's right. And maybe I'm peculiar, but what's not, what's not wrong? Kind of is next level, lighter, more open, more softer. It's more like what's right. It's kind of like too specific are too tight. Something for me. So what's wrong, what's not wrong here? One of the things that's not wrong is we're going to clean the center. So we'll take about