



## Michele Lisenbury Christensen's Success Guru Interviews Interview with Byron Katie, author of "Loving What Is"

Recorded October 2003

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**MLC:** Byron Katie is the author of *Loving What Is*, which is, for some of us, the long awaited book version of something that she calls **THE WORK** that she discovered as part of her own unfoldment and has been introducing to thousands of people around the world. We are thrilled to see your work come out in the book format and those that have it will really have connected with *Loving What Is*. I highly recommend the book and also the tape or CD version because you get to hear Katie's voice and hear the way she speaks with people as they do **THE WORK** in her presence. You are going to get a taste of that as well today.

**THE WORK** is a process of enquiry that transforms the way we deal with problems. Anyone can do it at anytime. All we have to do is write down what the problem is and then approach with a deep desire to know for ourselves, through our own experience, what's really true. I'd like to start by talking a little about how **THE WORK** came to you, what it has meant for you and through my experience of work I have some questions that a lot of people may not explore that often through your presentations. I'd like for us to talk about that. Let's start with your path.

**BK:** My path - the bottom line was that I was so depressed that I didn't want to live anymore. I spent more than a decade very depressed. The name of the book is *Loving What Is*. I didn't always love what is, in fact I hated what was. I was very confused. I had a beautiful home, plenty of money, I was so full of rage that often my children were even afraid of me. One day I was asleep on the floor, the reason I was there was my self-esteem was so low that I didn't believe I even deserved a bed to sleep in. I would sleep there night after night curled up, full of despair.

One particular morning I opened my eyes, a cockroach crawled over my foot and I replaced all that darkness with absolute joy. The laughter just poured out of me. I could see in a moment. It's difficult to describe. The important thing that came out of it, is that I have been able to maintain it and thousands and thousands of people are having the same experience. What I learned is when I believe my thoughts I suffer. When I question my thoughts I don't suffer.

I have come to see that this is true for every open-minded human being. In fact there is someone that signed in that really knows the work and has experienced the difference. I dedicated *Loving What Is* to him. We are all so privileged to have taken on these questions. Not only are they available to everyone but some of us have internal lies and there is nothing more fun than questioning what we believe. It's a different world every time we do that.

**MLC:** It is so true. We're talking about questioning what we've been walking around thinking is factual.

**BK:** Yes, for example, I used to go around believing something terrible was going to happen - just that simple universal concept. When I questioned it and turned it around - with a universal concept like this, it left me as someone with a different identify - a kinder human being and someone who lives fearlessly. Any other concept that came through, I would do the same thing and the reason I suggest to people that they write it down is that the mind knows that they actually wrote it, so they can't get away from it. There is that portion that is so bothersome, so stressful and so depressing, terrifying...there it is...thoughts on paper so we can sit with it. I invite people, as they step into this process, not to let themselves get away

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with anything. The worst thing that can happen is you can take your belief back later if you want it.

**MLC:** It's always available to you! (laughing)

**BK:** What I love about this is, the mind is becoming a friend to itself. If we love what we think, then there cannot be a problem in the world. I like to say I love everything I think. It is just a privilege to be thought. Every time a thought comes in, if I see it as an enemy, then something is off, because my nature is kind. Every human being, I have come to see that our nature is kind. The way I know that is true, is any thought that would attack itself or another human being, it becomes progressively confused and when we love what we think there is no confusion or stress in that. It is walking in a beautiful world and nothing can stop the creative flow that comes through us and nothing can stop us from carrying it out. It is a wonderful way to live.

**MLC:** Absolutely. Even the thoughts that have been holding us from our peace, the thoughts that have created an identity that doesn't work? Tell us how those are kind.

**BK:** I love being on this phone call. I love hearing the names of the people and the countries that have tapped in. I love that you offered this opportunity - all these thoughts coming through me. I am sitting, I am wearing blue - I adore blue. I am looking out at the sky and I am thinking all those thoughts and they are fabulous and then if the thought came in that something terrible was going to happen, then laughter would replace the depression because I cannot believe it. I know that sounds very strange to many people, and yet we can know.

That is what **THE WORK** explains to people - what can we know really. Then when something happens that seems terrible to the world, my thoughts on that may seem the same as other peoples but they don't depress me. It leaves me in a position to act in a kind, swift manner that I really like.

**MLC:** Can you give us an example of that? What is something that has happened recently in the world, where you seemed to have the same thoughts as other people and yet you were able to give kind and swift action?

**BK:** It's a way of life. If there were an automobile accident in front of me and I was a bystander and watching and there was a crowd of people watching. Where people might be saying "oh my gosh, that's terrible. Oh my gosh, look at the blood", my mind would simply say, "how can I help?" to itself and then everything would flow in a natural way. I wouldn't think something terrible has happened. As a natural thing - how can I help. There would be no fear about going into the blood, into people's pain, for full participation, for using myself all the way.

**MLC:** Instead of the thoughts people might have like - "I can't handle this", or "I hate blood, I am going to get queazy, this is terrible".

**BK:** If people have questioned their minds, those thoughts can't come because you have come to see that blood is a beautiful thing. Life is a beautiful thing. Death is a beautiful thing. But the thoughts that people are afraid of like dying or pain, they just haven't questioned their

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mind. That's OK, it's only the beginning. For a second I am imagining how I might sound to people who are new to questioning. It can sound very strange, but in fact it is not. An unquestioned mind is the only world of suffering. Ignorance is a very fearful way to live.

**MLC:** I hear you saying the best way to enter questioning is interpersonally. Would you say that is true? Instead of questioning things like “I don't want to die”.

**BK:** No, to just question, for example, maybe your child hasn't done their homework. You think, “Oh my goodness, he is going to fail at life”. You might question that. “My child is going to fail at life.” Question your fears, start there. But what I invite people to do - in Loving What Is there - is a worksheet and also on our website [www.thework.org](http://www.thework.org).

**MLC:** I have invited people to download that. There are people on our call that have that. Are there people on our call who have prepared and are interested in exploring the Judge Your Neighbor worksheet with Katie right now?

**Rachael:** Yes

**MLC:** Great. Let's look at that, Katie, and then I might have some more questions following on from this work.

**BK:** What's your name?

**R:** Rachael

**BK:** Hi Rachael. Read your sheet, let's see what's on your mind.

**R:** This has to do with someone I work with, a client. I am angry and disappointed at Mary because she is manipulative, she often isn't straightforward about what she wants, and she can pout and want my attention. I want Mary to give me faith to be straight forward about what she wants from me, to stop desiring my attention and trying to get me to want her and I want her to stop trying to please me. I want her to be honest. I want her to stop getting into explosive moods and I want her to stop trying to dominate others.

**BK:** Yes, that is a lot isn't it. That's how we are in our office as we are trying to do our work. That's what is running through our minds. Our minds job is to be right. It means I want her to leave me alone and then its job is to prove that statement is true. I want her to give me space. I believe that is what you wrote.

**R:** Yes

**BK:** The mind begins to shoot out. It begins to attack her, all of the ways she does not give you space and why that thought is true. “I want her to give me space”, is that true?

**R:** It's not fully true because there is an element that I know is really challenging to me. I know that I can't fully be at peace if I am not at peace with this.

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**BK:** Have you asked her for space? If she comes into your office seeking your attention, have you said, “Mary, I need you to give me space now”?

**R:** No, but I have begun to say things like that.

**BK:** I hear you want her to give you space. So if I want someone to give me space I ask. I consider this more loving than attacking them in my mind. If I don't ask them, that tells me I don't really want space. It tells me I would rather please them than just simply ask for space. How do you react when you think that thought – I want her to give me space – and you don't ask?

**R:** I get very stressed out. My mind starts going quickly – like I want to quit my job, that kind of thing.

**BK:** Yes, it goes from I want her to give me space, to this is hopeless, to attacking her. Your mind attacks you – why are you working here, what's the matter with you? The mind makes a quick turn, it attacks – it will attack another human being then it will turn around and make an attack on you, because it's lost, its looking for a home. That's where it is peaceful and that is where it is creative, that's where your life is unlimited.

**R:** Yes, also there is a belief that if I ask for space I am not being kind or something like that.

**BK:** Here is what I suggest Rachael, I call them little sidebars. If you write down on the side “to ask for what you want is not kind” and work with that one when you are finished this one. That is a very powerful thing. It is not kind to ask. Is that true? It's not kind to ask – that's a very simple thing to work with. How do you treat Mary when you think this thought “I want her to give me space” and she doesn't because she has no way of knowing that is what you want, because you haven't asked her?

**R:** I can be really nice on the surface, but underneath I am pulling away from her. I am sending a lot of body language, like I am believing she is attacking me and then I am hiding from her. That's what is going on between us.

**BK:** That can be very confusing for Mary, like “what have I done, what is the matter with her?”.

**R:** Yes.

**BK:** Who would you be without the thought - I want her to give me space?

**R:** More honest...

**BK:** Who would that be without the thought - I want her to give me space? I could be someone free to let her know that in this moment “would you give me space, I want you to give me some space now Mary”. Let me turn it around – I want her to give *me* space.

**R:** I want to give *her* space.

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**BK:** Tell me about that. What does that mean to you?

**R:** I can be confusing to her - in terms of not being honest about wanting space.

**BK:** To feel all of this going on inside of you - it could be kinder to just ask for some space. It's a wonderful experiment to see what she would do. Just to see how that would feel inside of you and what's left to work on. I want her to give me space - can you see another turn around?

**R:** I want to give myself space.

**BK:** Yes, I can ask someone “I want you to give me space now”. If they don't see what you mean by that, then, “I'd like you to leave my office now” and if they say “no” and refuse - then what that turn around means to me is that I can step outside my own office. If I believe that I want space, no one can stop me having it. I don't have an enemy. I could say, “Mary, you are welcome to my office, but I need to step outside. Let me know when you are finished with my office. Thank you for the break”.

No one can stop us from having the life we deserve. There are so many ways of getting space. If I had nothing better to do, I could just listen to Mary and who knows what I could learn. Who knows what I could learn without the thought, “I need space from her”. Why don't you continue to read.

**R:** I need her to be straight forward about what she wants from me, to stop desiring my attention.

**BK:** You need her to be straightforward. Is that true? Have you asked her - would you be straightforward with me?

**R:** Yes, I have asked her.

**BK:** And has she been straightforward?

**R:** Sometimes, sometimes no, but I don't know if she understands what that means.

**BK:** So, straightforward as she can be. That's very nice, she's doing the best she can. Continue to read. You know there is another turn around to I want her to give me space. Can you say another turnaround?

**R:** I want to give her space.

**BK:** Yes, give her space to know where you are. You want space. Let her know upfront. Mary I want space now. I'll call you when I want to talk to you, or whatever the circumstances are for you. Continue to read.

**R:** I want her to stop desiring my attention.

**BK:** She desires your attention? Is that true?

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**R:** Yes. I work with her on development of stabilities and I am kind of her independence living school counsellor.

**BK:** OK. You're her counsellor. So she wants your attention. How do you react when you think of asking her, "Mary, why do you want my attention?"

**R:** I haven't asked her that directly.

**BK:** That would be fun. Mary, it seems you want my attention, why is that? It is so much fun when we have these thoughts to play them out, but instead we do this. How do you react when you think that thought – she wants my attention.

**R:** I think that needs fixing. I think she needs to be fixed.

**BK:** How does it feel to have that feeling inside of you, to be the one that has to fix people.

**R:** Very stressful.

**BK:** Yes. I just love that I know that no one needs me. That this life is all about, that you want to be with Mary, you love your job, whatever is going on, you are there for a wonderful reason. So why are you there?

**R:** Because it is challenging for me and because I want to be there and it also gives me a somewhat flexible schedule to get time off when I want.

**BK:** Working with people is so fulfilling, counselling people is so fulfilling. I love counselling people, taking these questions from around the world. It brings me such joy. I don't know what people get from it, but I know what I get from it. So the Mary's in the world, they give to us, they are there, and we can say to them what we need to hear. They are reflections of us and it is a wonderful world when we can see it that way. The whole world is here for my enlightenment. The whole world is here for you. Every thought is about you.

I don't believe what I can't see - so everything I say, it's like it is just for me and I am always wondering how I can make it more beautiful, how can I make it more wonderful. Who would you be without that problem – that Mary needs your attention. When she is confronting you.

**R:** It takes a little bit to process.

**BK:** Me too. I am just sitting here with Mary in front of me, without the story – she needs my attention. I can see her saying please, please, please. I am just watching her without a story. My answer comes out of that.

**R:** It's like there is not a burden.

**BK:** We can more clearly hear what she is saying, we can see her face, we can really see her without our superimposed mental story. In reality – she needs my attention. Turn it around.

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**R:** She doesn't need my attention.

**BK:** If it's true, what fun to ask her next time. Something to play when that thought comes out. Another turnaround. Who's attention do you seek in your life?

**R:** I could probably make a whole list of people I want attention from.

**BK:** Yes, so you have to project that on to Mary as long as you are seeking other people's attention. Why do you want other people's attention? I love that question. What do you want from them?

**R:** There is a gratification or pleasure from being important or being special.

**BK:** Yes, if people see that you are very special – what is that to do with you? That is about how they feel. It has nothing to do with you. That's all coming from their impression. You can never get anything from that especially if you have turned into some kind of masquerade to pull their attention. If they see you as being wonderful, they see the masquerade as being wonderful, not you. So it can never ever help us with attention seeking because as we seek attention we turn into another human being.

When we smile, everything we say and do is about that. So when we get their attention, it has nothing to do with us and we know it and it feels false. And we wonder why, with all the attention in the world it is not fulfilling. So I need people's attention – that is a good one. It can be gratifying. I think the times when you have done something really wonderful, when you were not seeking attention, and people see that as important, then you can agree with it.

**R:** It is not a masquerade then.

**BK:** Exactly, those are the moments we can say thank you. That feels really right. I see it that way also. It has nothing to do with their complement. It is a validation of what we already know. Still it is just two opinions. My opinion and another person's opinion. But two of us agree and that is satisfying. What a way is attention seeking. So many of us have spent our lives – for 43 years I lived that way, seeking attention, seeking others approval and appreciation. Continue to read.

**R:** I want her to stop trying to get me to want her and to stop trying to please me. I want her to be honest. I want her to stop getting into explosive moods and I want her to stop trying to dominate others. Mary should be honest, she shouldn't try to control people. She should see she is manipulative.

**BK:** People should be honest. Is that true? Mary should be honest. Anyone in the world should be honest. Is that true? Can you absolutely know that is true?

**R:** No.

**BK:** No, it is some kind of theory that mankind has lived with and when people aren't honest. When she's not honest how do you react?

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**R:** It's like judgement coming down. This is wrong or that I am in a bad place, that she has a lot of negative energy.

**BK:** That is a good one to write down. That people have negative energy. That is a wonderful thing to put on your side list of thoughts to enquire about. We think that thought – that someone has negative energy. Who is feeling that negative energy? That would be you. So what you think of that person, is causing the energy inside of you and we are saying that they are doing it – that it's their energy doing it. But it is our thoughts about them that is creating all of that energy inside of us.

It is so powerful to realise that nobody's energy can affect us. That way we are taking responsibility for our own negative energy and work with that and see what story we are in and work with that. Go back to the thought we were working with. What was that?

**R:** That people should be honest.

**BK:** So does that thought bring peace or stress in your life?

**R:** Stress.

**BK:** Yes, because how do I know that people should not be honest. They're not. When I travel, this comes up – people should be honest. I ask the audience, is there anyone here that has never told a lie. There is no human being who has not lied so far. If they don't raise their hand when I ask – it's not true that people should be honest. Who would you be with Mary without the thought, if you did not believe the thought that Mary should be honest. Who would you be if you never thought that about the human race again?

**R:** It is something that, I don't know who I would be. It is something I believe in very strongly.

**BK:** It is a powerful one. Look how we treat people, when we think they should be honest and they are not. We leave them, we divorce them, we treat them like second-rate citizens, we treat them like they're not to be trusted. I trust every human being absolutely 100% to do what they do and I am always right. I have total faith and they do. People shouldn't lie – turn it around.

**R:** People should lie.

**BK:** Absolutely, every human being should lie. Can you find another turnaround? They should lie until they don't. That is much more practical. To rush it upon them is to bring much more stress upon ourselves. It is a lie that people shouldn't lie.

**R:** And when I am rushing someone else to not lie, that's a big lie.

**BK:** Yes, it's a big lie. Like it is our job to straighten everybody else out and we haven't even straighten ourself out. We need to take care of our own lives. Can you think of another one?

**R:** I shouldn't lie.

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**BK:** That's the one that I love. That's the one I work on. I shouldn't lie. That is a life's work. We only need one person to work on and it is such a wonderful thing to do – let me live it. If I believe people shouldn't lie, it gives me my own philosophy back. If it would be so wonderful for them to be honest, how wonderful would it be for me to be honest. If I am honest, and it is a beautiful thing to be honest, then maybe that is the best way to influence the world.

Just one human being practicing honesty. Really, saving all that energy used to make other people honest (which doesn't work) – all that energy back on you. All the strength and all the fun. The humility and humbleness of it. I said something yesterday, it just wasn't true. I didn't even know it and my daughter caught it. All the gratitude I felt, I am working on me, my daughter's working on me, I am asking the whole world to work on me. If you ask everyone to help you with it, we could have an honest being in the world. What do you think of that old philosophy?

**R:** I always like to ask people to help me with that.

**BK:** Then that is two of us asking. There is nothing more beautiful to being caught in it. It is like a revelation, it takes a lot of openness to be in that position of really wanting to live what we preach. It is a beautiful thing.

**R:** There is another side point –another thought comes up - if another person lies then I can't be honest.

**BK:** It's impossible to be honest in this world. It's too difficult, it's not always practical to be honest. They are so rich. Then to turn it around. It is practical to be honest and then to live that out and test it and see which of those two lives are easier to live. So exciting to live as your own test tube. I am my own experiment. It is exciting. Continue to read.

**R:** Mary shouldn't try and control people.

**BK:** Is that true? Does she try and control people?

**R:** Yes

**BK:** That's true? How do I know she should try to control people? That is what she does. That is her job. Everything and everyone has their jobs. So how do you react when you think the thought that she should not try to control people and that is her job, she's doing it, that is what Mary does.

**R:** I criticize her, at least internally and try to stick up for the other person and tell her she shouldn't. I try and control her.

**BK:** I believe so, exactly so, you turn into Mary! You're trying to teach Mary by using the same tactics that she does. So what are we teaching? So Mary shouldn't try to control people. Who would you be without that lie? Mary should not try to control people.

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**R:** I would be someone who would be very interested in exploring what's coming up for me around that.

**BK:** Yes, someone working on the self. It doesn't stop us from having marvellous comments. They turn out to be rather insightful and kind and appreciated.

**R:** What do you mean?

**BK:** Well she's trying to control someone. You might just be honest and say, “ Mary are you trying to control this person?” . You and Mary might get a good laugh out of that. If she says, “No”, then you could say, “well that is what I thought” and it is over. If she says “yes”, you might ask her “why do you want to control them?” You could learn a lot about yourself. Maybe why you want to control Mary. She could come up with your answer. Does she want to control people for the very same reason you want to control people? Who knows?

These answers, when we are honest and we ask and asking is what we started with in this session are always a wonderful tool and I have found, very kind, very kind. I know I was with Adam and several of our friends. It was the end of the tour and I was just exhausted and that morning I said Adam would you hold me. He just held me and I just sobbed and sobbed and sobbed. I'd look at him and he would just laugh and smile and it passes.

But this asking – look how we cheat ourselves out of life, out of the kindest acts and how willing people are. You know how kind you are, well we are all that kind. You know how when people ask you for something, you love to give, well everyone is like that. It is such a marvellous world, but when we don't ask it is like we are thinking what we think what other people would think and it's not kind and it is not always accurate. I feel it seldom is for me, so asking opens up a whole world - a whole untapped world.

The worst thing that can happen if someone says “no” and we're left with what we are already left with anyway. We have nothing to lose – asking is kind. Turn it around. Mary shouldn't try to control people.

**R:** Mary should try to control people

**BK:** That's the way of it. That's her job until it is not. Can you see another turn around?

**R:** I shouldn't try and control Mary.

**BK:** If I see something in people – in the past I would have tried to control but now I am a bit wiser. That didn't work. It offended people and I was offended. When I see the same situations that I in the past wanted to control - I give my opinion, and I know it is only valuable to me and then people do what they do around that. Maybe I'll give my opinion again. What I have found with me, is I'll give it 3 times if there is a discussion, then after that it is over for me. I know that the best way, is the other way, because I am just one vote and I am not that informed often and I know that other people are at least as informed as I am - when I have said something three times and they go along their way. It never costs me anything. I have given me the kindness of offering a way – whether they have rejected or accepted. I have given that to me. I didn't hold it in.

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We have a right to our own voice. I just don't think mine is more valuable than anyone else's, and if I do, people go their way, I go mine but I don't leave that connection with them, it is as solid as it was before we had our discussion, the connection is never severed because I hold that equality. I just feel respect and love the way of the world. I just love it. When I am clear, creation can move through me without all the stress, without the internal war inside of my mind, battling itself, this questioned mind, without the war that goes on, as it did in the past. I just watch myself as creation moves without an obstacle, it is so fine.

In those places where we get stuck, when we begin to argue with ourself, like there are two of us or something, to question that until our mind finds peace with itself, and again it can watch the body reflect itself, so marvellously, marvellously alive. The mind reflected back at the world – what a wonderful set up. Continue to read.

**R:** Mary should see that she is manipulative. She should stop getting in her moods. I need her to give me space. I need her to stop giving me gifts.

**BK:** You need her to stop giving you gifts? What happens when she gives you a gift?

**R:** I think that she is giving me gifts so she gets my approval.

**BK:** People give me gifts, but only because I need them. If I didn't need them, they would not give them to me - open your heart and open your arms to that gift. Maybe she doesn't want anything. I know what she wants, the evidence is, she wants to give you a gift. Your mind puts all these motives on to that, and you think it is Mary but really it's you. How do you know that you need that gift? You have got it. So there is a huge thank you in order. How do you treat her when she gives you a gift. People wonder how they shut the world out! How does it feel to shut them out and to think she is just giving you those gifts for some other motive.

**R:** Terrible, very dubious, thinking she is sneaky but I am the one putting on motives.

**BK:** She has just brought you a gift. My goodness, it just warms my heart to think of someone so loving and generous and look what we do. Who would you be without the thought – she shouldn't give me gifts? You'd have a beautiful flower one day on your desk that she would give you or who knows what she would bring if you would accept them in a state of gratitude, knowing that you needed them. If God were one of us, bringing us gifts and we just kept turning them down and turning them down. Our mind is so powerful it would even rob us of the world – the beautiful things of the world. Can you turn that around?

**R:** Mary should give me gifts.

**BK:** Yes, she should. That's her job. I love the Marys' in the world. When you really sit with it. You start to experience breath as a gift and sound as a gift. Then when you get a glimpse of your fingers and you experience them as a gift. You start receiving and receiving and with that you give so much more. When I look at my hands, and I see that they are a gift and I see how that gift lives for every human being that I touch. That may not be their opinion, but that

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is how I feel and it feels right. You know what I do with these hands, and this body and this breathe, how it gives back because it has learnt to receive. It really opens the lungs too!

I smoked for years and this morning I walked up a hill like a child, I am so grateful. I walked up a hill, I am sixty and I walked up this hill easier than when I was a child. It is what I am walking with. I am walking with someone who loves everything I do. When you love everything you think, when you question everything you believe, you begin to love what you think. You begin to see that the horrible thoughts – they are not what we thought they were. They are just like children saying see, see. Can we meet these thoughts with unconditional love.

We believe that war is the power, we don't believe love is the power. That is what this work does – it meets every concept with unconditional love. We are sitting with children now. These wild children that we want to go away – these terrible thoughts that stressful and destructive. Can you see another turn around?

**R:** I need to give Mary gifts.

**BK:** One of the greatest gifts you could give her, is to receive the gift in a state of gratitude. Who knows you might give her a flower too. Look how we treat people when we think the thought that they should not give us a gift. They give us something beautiful and we .....can you see another turn around?

**R:** I need to give myself gifts.

**BK:** Yes, you could call your voice mail and say – “I absolutely adore you” and every time someone gives you a gift today, keep it, experience it and thank them. If someone can hand you a gift and you can pass it on - that is a gift. It is a gift to you. We give someone something, like receiving their gift or passing it on and we do that and in that moment we can receive what that gift is about. We have absolutely received and experienced that moment of giving. Then it's over. Anything else is a bonus.

Someone gave me something and every time I look at it I connected to that person. It keeps me connected. I look at the flower and I see Mary. Mary gave me that flower. It fills me that something so beautiful could be passed on. Continue to read.

**R:** I need Mary to stop exploding.

**BK:** Is that true?

**R:** No

**BK:** Turn it around.

**R:** I don't need her to stop exploding.

**BK:** Your *thoughts* about her exploding, or, her exploding – which one causes you the most stress?

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**R:** My thoughts about her.

**BK:** It's always that, that we need to deal with. If someone explodes and I feel stressed, I need to look at me, not at that person. I think that is the best news that I have discovered. When I discovered I thought, “oh my goodness, its over – I can heal the whole world by working with one human being”, and that was me. There was only one that was confused. The world has it right. They should explode when they explode.

Thoughts that people shouldn't explode or that they have it wrong or they have problem. If I think a person has a problem, then I have a problem. There is no mistake in the world. Everything is love and if I don't see it that way, then I look to me. It doesn't mean that we sit somewhere and drool, it leaves us with creative action.

**R:** Sometimes when I do **THE WORK** and I am learning its all about me and that its about my thoughts causing stress, not the situation – earlier when we were discussing about giving an opinion, or being honest, I am not always sure what is being honest and what is my putting something on someone else.

**BK:** Mary is the same way. Everyone is the same way. For me if it feels honest in the moment and it doesn't feel harmful to me, it just comes out naturally. It feels kind. I have an opinion. How do I know I have an opinion? Here it comes. But it is not finger pointing. It is not wrong to finger point but it doesn't feel OK inside of me so I know that if it comes out that way I work on it again. How could I have communicated that differently to match what I feel inside? Then when I get a match, then I am a more loving communicator and communication is love.

It reflects our internal, so if I say “don't do that” to one of my children. Inside of me it could feel they are doing it perfectly, but they could get hurt. Don't do that. That didn't feel right. That hurt me and now there are two of us. Maybe they will get hurt, but I did just hurt myself. So how could I do that differently? I might say, if it was my daughter Roxanne, “Roxanne, if you do that there might be a repercussion that might be painful and I wanted to share that with you” then it is up to her, but I spoke up. “Don't do that”, that is all about me. The other way is all about me, but it leaves some room for her life, to make her own decisions. That feels right to me, because again I trust her intelligence. She knows more about her life than I do – she's the one living it.

I have opinions. I have learnt through **THE WORK** to communicate. I have learnt, if I want space from Mary, that Mary is not psychic. How do I react when I think that thought and I don't ask her. Number one – I don't really want space or I would ask her, so the thought is not even true. How do I know when that thought is true? When I ask her for space. There are many loving ways to ask. “I really care about you and I need space now. Would you mind leaving my office. We can talk later. I enjoyed that.” I wouldn't say “I enjoyed that” unless I thought it would be true. Just let the turn around live. Sooner or later they start to live.

You start to get balance with this and some strength. Life is confusing and its looks chaotic. The truth is, it is not chaotic, its absolute perfect order. It is never off. In my experience it is

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never off. That includes communication. I am working on it but there is nothing else to do. Read number six.

**R:** I don't ever want to experience Mary trying to manipulate and not being honest with me.

**BK:** Let's shorten it. I don't ever want to experience Mary being dishonest or manipulative.

**R:** I am willing to experience Mary being dishonest and manipulative.

**BK:** Yes, it shows you what you are in store for. For me, it's no choice. We are either questioning what we believe or we are not questioning what we believe. In one way it is stress and to question what we believe couldn't be worse. It's one or the other. I look forward to ...

**R:** I look forward to Mary being dishonest and manipulative.

**BK:** That is very exciting. Next time you run into Mary, you can watch her do her job, which is to manipulate and be dishonest. See what is left. Will you try to manipulate rather than honestly asking for what you want, or honesty giving your observations?

**R:** I think I have used **THE WORK** to try and get her to stop. That is being manipulative.

**BK:** In the meantime we just go right back to enquiry, knowing that each time we do we come out kinder. Thank you.

**R:** Thank you for your gift.

**BK:** You're so welcome. Thank you for you.

**MLC:** Thank you Rachael, for everyone. That will remain for others to hear.

Katie would you please take us through, for those who have never done **THE WORK** before, never heard the turn- arounds. You have heard it in depth with Katie, which is incomparable and you can do **THE WORK** on your own. All it takes is a pen and piece of paper and something you're stuck on. A thought.

**BK:** You can write your self-talk down. If you have failed at anything, or you do something and you fail. Of course no one can really fail but you believe it. Write down all the self-talk and then get those concepts, just circle the concepts that are really stressful. Put them up against the four questions:

1. Is it true?
2. Can you absolutely know that it is true?
3. How do you react when you think that thought?
4. Who or what would you be without that thought?

Then you turn the statement around, like, "I did it wrong", becomes "I didn't do it wrong". Then you can search for three things that come out of it that makes it right like you learned

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something and then find two others. Find the beauty in everything. I have the thought that it is possible to do something wrong. Let's say you applied for a job and you didn't get it. All the self-talk starts as to how you did it wrong. Find three things that comes out of not getting that job. You put the turnarounds into practice – “I did it wrong” becomes “I didn't do it wrong”. Name three ways that you did it right. What felt really right to you?

This brings a balance back into your life because it's bringing you back into reality. If I don't get a job that I have applied for it's because it is not in my best interests. How do I know it's not. Because I didn't get it. That leaves me open to find the one that is best for me. It is about my enlightenment, it's about my peace, it's about just simply loving my neighbour, loving the world, appreciating the balance that's possible for all of us.

**MLC:** We've seen today how **THE WORK** can be of service with whatever interpersonal conflict or any other place where our thinking is causing us to suffer. We've seen how to put it in an infinite, spiritual context. I hope that you have heard today in what Katie has shared and what Rachael discovered, and perhaps in what you have reflected on, that this work can take us to freedom from limiting identification with our thoughts and can lead us to embody that (you can hear Katie's voice being in love with what is). I am so honoured to be in your presence and play with you today, Katie.

**BK:** Thank you. It's a privilege to be with you. Thank you for who you are and what you have given this world.

**MLC:** My pleasure. I want to welcome others to comment briefly. First, let's recap quickly – [www.thework.org](http://www.thework.org) is the website with **THE WORK** of Byron Katie and at that site you can find and download the Judge your Neighbor Write It Down worksheet. It is tremendously helpful because along with this recording, it is supporting you in doing **THE WORK**. I also recommend the book, *Loving What Is* by Byron Katie.

With the audio version of the book you can hear Katie doing other examples with people just as she did today on a variety of topics. Hearing their freedom and their laughter that always seems to come right in the midst of the pain from doing **THE WORK** is beautiful. It is so fun. There are a lot of other videotapes and written materials available from [thework.org](http://thework.org) as well as other places you can be with Katie live. Please check it out and also please sign up at [sgi@successmadefun.com](mailto:sgi@successmadefun.com). You can become a member of the free mailing list to learn about future interviews that I do, only with my favourite teachers, here to join me, for free, on these calls, and I would love for you to join us in future months, if you are not yet on that list. You can check that out on [successmadefun.com](http://successmadefun.com) as well. Others join me in thanking Katie and I offer them to come in with brief comments.

**Mark:** The thing I really loved to hear was something Katie said right at the beginning – to love what we think. The whole time I have been listening to you, I have been loving the thoughts I've been having while you've been speaking. I feel that is something I can take away with me that is really practical. I can love everything I think at anytime, any moment.

**Mona:** This is Mona from Los Angeles. I wanted to say Hi. I didn't get a chance to say hi to you at the beginning of the call.

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**BK:** Hi Mona, thank you for that. Thank you for your hello.

**Mary:** Hi Katie, this is Mary from sunny Florida and listening to you speak just gave me an internal warmth that even if I closed all the windows in my house I would still feel the sun. You have such a joy and love in your voice and it is just so wonderful. I really thank you for that.

**BK:** You're welcome Mary, thank you honey.

**Dianne:** Hi Katie, it's Dianne calling from Denman Island in British Columbia, Canada. I just want to say it is very heart warming. It shifts my whole centre as I listen to you. I can let go of the judgements that go on inside. I am just letting go and dropping into the love that I am and that I see you reflecting. I will see you at the school in two weeks so I am very excited.

**BK:** It's a nice place to live. You're welcome. I look forward to our time together. It's radical and marvellous and I love that you are coming.

**Liza:** I just want to say thank you, my name is Liza and I am calling from Florida. It's so neat to hear everyone from all over. I've been listening to your CD that I borrowed from a friend of mine. I really enjoyed them. One thing that has been an enlightening experience for me, is I've gotten so in touch with how tired I am of pointing my finger at people. I finally got, if I am going to let them off the hook and not point my finger at them, then I am not going to point my finger at me either.

**BK:** Isn't it wonderful how that falls in. You're a person too.

**L:** The thing I am caught on now is – what do I do with the finger?! Where do you go? Thank you.

**BK:** Thank you for our time together. Give the whole world the finger with love.

**D:** Katie with is D..from Wisconsin. There is a wonderful connection that in speaking today, you made for me. When you named quite clearly that the mind's job is to be right and that the mind is looking for a home in the heart. It's like I have been working with myself to put my heart at the centre of things and to let my heart's voice speak but for all I know, I forgot, and didn't know as clearly as I do after listening to you, that my mind wants to be loved and it's looking for that home.

**BK:** It's self-love when the mind loves itself. When it needs itself, it falls into itself. It is a marvellous thing. It is the end of war.

**D:** Even in me.

**BK:** In you. The end of war in you is the end of war. It's all in you honey.

**Deanne:** Hi Katie, it's Deanne. I ordered your book from the library in anticipation of this call. I got a little note yesterday to say it was there. I ran to the library and got it and started reading it last night and I am just totally captured by it and read to my husband the bit about

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your business and my business and God's business. I can't believe it was less than 24 hours since I got your book and just feel like my life really, seriously has changed from reading it. I really thank you for that.

**BK:** I love that you participated and I am very grateful also honey.

**C:** Katie, with is C from North Carolina. When I first tried calling you I couldn't get through because the line was full. I thought "oh God, I've been waiting for weeks and weeks". Then I thought "I can't get through, I guess I am not supposed to" and then it was OK. I thought, "That didn't happen". By the time I was completely relaxed and I was about to leave my house I automatically redialled and I got through. I thought, "OK!"

**BK:** Thank you for your peace.

**C:** I love you so much.

**BK:** Thank you honey. I need all the love I can get and I love you too.

**BK:** Michele and family, my husband is waving his arms at me. I am running late for an appointment.

**MLC:** It's time.

**BK:** Thank you family, Blessings.