

The Work of Byron Katie

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Byron Katie speaks freely about what her life had become. She saw no reason to get out of bed; she allowed herself to sink into an unimaginable depression; she stopped bathing, brushing her teeth, and communicating with her loved ones.

In her own words, she'd become hopeless.

One morning she woke up and found her own condition to be outrageously funny. In her awakening, she found that her condition was completely of her own creation. And she asked herself, "Do I really want to know the truth?"

From that epiphany came what has come to be known as The Work, a method of self inquiry that consists of four simple questions and a turnaround. These questions are tools to honestly examine your thoughts and beliefs. They provide the power to move decisively to a different understanding. Today, Katie and The Work are known throughout the world.

For years I have earnestly explored many spiritual and psychotherapeutic paths. I have found that The Work provides me with the most honest, most insightful and most invigorating guide for self-exploration and break-through consciousness that I have experienced.

After more than two years of study and training I am now sharing The Work with others through book studies of Katie's book, "Loving What Is," and doing private sessions with individuals.

Here's how inquiry works.

Identify a problem or situation in your life that causes you stress. Identify the thought behind the stress and write it down. Example: My life is ruined because I lost my job.

Now apply the questions and remember, there are no right answers, only honest ones from within:

1. Is it true? The answer here is usually yes. Be honest. Yes.
2. Can you absolutely know that its true. In most cases the answer here is "No, I can't know that absolutely." Again, answer with what is true for you.
3. How do you react when you think/believe the thought, "My life is ruined?"
When we examine what we do or say it may sound something like this. "I feel sad and scared that I can't provide for myself, angry at those who caused me to lose my job. It feels heavy. I lash out at others in frustration. It holds me back from doing what I want to do."
4. Who or what would you be without the thought, "My life is ruined?" A frequent answer to this is, "Free." "Free from the stress, free to be open to new possibilities. Not so angry at others." The answer to this, from within, usually brings a lightness and a new understanding.

Now comes the turnaround. Examine the original statement and turn it around. "My life is not ruined because I lost my job." "Losing my job is the best thing that has happened." Or "My life is better now because I have time to spend with my family."

The turnarounds are usually as true or truer than the original statement and allow you to confront the truth with a different perspective.

This is a very basic explanation of The Work. By doing The Work with a trained facilitator you can learn more about how to apply it in your own life.

Doing The Work requires going in and asking for answers to come from the voice within rather than the thoughts that usually run our lives. Do you want to know the truth?

Do you want to replace stress and confusion with clarity and peace? Identify the stressful thought, write it down, ask four questions and turn it around.

If you feel it would serve you, welcome to The Work.

Learn more about The Work by contacting me at 970-484-5740 or maggie@maggiecarter.com. www.maggiecarter.com. And visit Byron Katie's website, www.thework.com.