



The Work of
Byron Katie

*A Practice of Self-Inquiry using
four questions plus
“turnarounds”*

A photograph of a forest with many tall, thin trees and sunlight filtering through the canopy. The trees are arranged in rows, and the ground is covered in green grass and moss. The lighting is warm and golden, suggesting a sunrise or sunset. The overall atmosphere is peaceful and serene.

The Work is a practice in stillness.



STRESSFUL SITUATION

“ _____ SHOULD/SHOULDN'T _____.”

The Four Questions

1. Is it true?
2. Can you absolutely know it's true?
3. How do you react, what happens when you believe the thought?
4. Who would you be (or who are you) without the thought?

The Turnarounds

Original statement: *My husband should listen to me.*

1. To the 180° opposite.

Ex: *My husband shouldn't listen to me.*

2. To the self.

Ex: *I should listen to me.*

3. To the other.

Ex: *I should listen to my husband.*

See if each feels as true or truer than the original statement, then find three or more examples of how each could be true in your specific situation.



“I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment. That joy is in everyone, always.”

- Byron Katie



*The unbounded spaciousness
of Silence,
filled with the clear light
of Awareness,
dissolves the roots of pain
and sorrow.*

- Kalidas (Lawrence Edwards), *Take Refuge in
Silence*



Homework

- Explore self-inquiry by using the four questions and turnarounds on a stressful thought or belief that arises this week. You can go to Katie's website for help if you become confused or would like more information.
- Experiment with using Questions 1, 2 and/or 4 as an in-the-moment practice of non-identification.
- Practice seeing and experiencing reality without labels and associations at various times throughout the day. This is an especially wonderful practice when taking a walk in nature. Use all your senses, being present to sight, touch, taste, smell and sounds. Stay grounded in the body, and just experience.
- Videos



April Practice

The April Practice is silence. Silence is also a kind of inner stillness. (Quote from 9th century contemplative monk named Saint Ephrem). Explore the dimension of silence conveyed in today's message. Take rest in the different silences of your life and practice.