



Byron Katie

**Life Transformation
Legend**



Chris: Good evening everyone. I'm going to turn it over to your host for the evening, my partner, and the Cover Editor for *Healthy Wealthy nWise*, Janet Attwood.

Janet: Good evening, everyone. I heard so many voices and names of friends and I'm so happy to have you all with us. Tonight is so special, as all nights are. I'd like to welcome you to the "Passions of Real Life Legends." My name is Janet Attwood and I'm the Cover Editor for *Healthy Wealthy nWise*, and author of *The Passion Test: Discovering Your Personal Secrets to Living a Life on Fire*.

We're so grateful that each one of you is with us tonight. You have a unique gift which no one else can give. By joining us on these calls, you join us in learning how each of us can share gifts, live passionate lives and make the world a better place in the process. We've come to discover, and we hope you have as well, that when each of us gives our unique gifts, follows our passions and uses our talents, all of us benefit. As long as any of us is not doing that, the fulfillment we are all able to enjoy is less than it could be.

Tonight, I am honored and privileged to introduce you to one of my greatest teachers and mentors, Byron Katie. In my experience, Katie is one of the most enlightened beings in the world today. I know hearing this, she would say something like, "Honey, I don't know anything about that. I just know the difference between what hurts and what doesn't," and that's what she teaches people all over the world -how to undo the thoughts, concepts and beliefs which hurt -through the simple, yet powerful process of investigation she calls The Work.

Learning this process changed my life dramatically for the better, as it has for people around the world, and I'm thrilled that all of you will get to experience this process tonight. Katie was a businesswoman and mother living in a small town in the high desert of California when her life went through a dramatic transformation from depression and unhappiness, verging on suicide, to the embodiment of love she is today.

I hope she'll share some of this with all of you. Since 1986, she has shared The Work with hundreds of thousands of people in more than 30 countries. Katie is the author of the best-selling book *Loving What Is*, and has recently released a new book titled *I Need Your Love - Is That True? Time* magazine called Katie a "spiritual innovator for the new millennium," and Tony Robbins said "Katie's work is a powerful process of discovery, a key that unlocks the heart."

This evening, I'm also honored to introduce my co-host, David Riklan. David is the founder of www.SelfGrowth.com, one of the most popular personal development websites on the



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Internet. David has prepared an ebook called *The Top 100 Experts on Self Improvement*, and quite appropriately, one of the chapters in that book profiles Byron Katie.

Before I turn the call over to David, I want to mention that tonight's interview will be a little different than others we've done. After David asks Katie a few questions, Katie will take David through The Work on an issue he feels strongly about, related to the relief efforts for Hurricane Katrina.

I urge you to stay on the line and listen to the process, whether you agree or disagree with David's feelings about what's going on. If you will stay open and listen to Katie as she takes David through the process, you will discover a new way of looking at the world, which could change your life.

David, thank you so much for being with us, and I want to thank you in advance for your willingness to deal with some difficult issues for the benefit of all of us. Now I'll turn it over to you.

David: Thank you, Janet.

Janet: You're so welcome.

David: Katie, welcome to the call. I want to welcome you and welcome everybody who could join us tonight. We're looking to get a lot of excellent information from Katie and as Janet mentioned, also hear a lot of thoughts about what's going on with me. We're going to go through a lot of specifics with a lot of good information. I'd like to start, Katie, by asking you a few questions.

This series that we're on right now is focused on passion and the part passion has played in the lives of successful people like yourself. Those who know you would say it appears that your greatest passion is knowing the truth in every moment. Can you tell us the story of how this passion arose in you as you discovered the self-investigation process you call The Work?

Byron Katie: The passion, it seems, as I look back in hindsight, was always there. I was so depressed for more than a decade, that I was unable to even brush my teeth -the simplest things -I couldn't even get out of bed. I began to sleep on the floor because my self esteem was so low. That is passionate. I was passionately suicidal. Then one morning, as I lay sleeping on the floor, a cockroach crawled over my foot and I opened my eyes and in place of all of that darkness was a joy that I can't describe.



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Then my passion, it's as though it just switched eventually, and fairly immediately, I began to help others see what I learned in that moment, and that is that when I believe my thoughts, I suffer, but when I question my thoughts, I don't suffer. What I love about this is that I've come to see that this is true for every human being.

David: Can you tell us some specifics? How has The Work changed your life?

Byron Katie: What is so funny is those 40-odd years (I was 43 when I had the experience I just described), up to that point, I was so good at giving people advice and pointing the finger and no one listened to this advice. After that moment on the floor, when I could see the cause of all my problems, I began to be very quiet when it came to advice giving. In fact, I stopped and that has stopped for 18-plus years now.

What stopped it was I began to hear the advice in my head for other people, and I turned it around, which is part of this process that I offer people, and I could see how ridiculous and how, so often, that advice was impossible -not only for them, but for me. I wasn't able to take my own advice.

That gave me my life's work and that was to take my own advice, wherever possible, and when it made sense to me. I've been following my own mind and it's very enriching to know what is and is not possible for myself. What's happened, I find remarkable. People from all over the world are now asking me for advice and of course, I still can't give it because it's for each of us to discover for ourselves what's right for us. That's how my life has really changed.

David: What's interesting about that, in listening to you is: I know I'm in the mode of always giving people advice. I think most people are in the mode of it's easier to try to solve other people's problems than to figure out your own problems and to question yourself. From what I've read, The Work, in terms of the questioning and self investigation, enables us to turn a lot of that around.

Byron Katie: Yes, and thank goodness there are people like you who do give sound advice. We all have our way and it's all valuable. My advice, I've come to see... the parts that I can live are so powerful that the example I live, I think, is very helpful for people. I know it's helpful for me.

David: I just want to share something about Katie. There are a lot of people in the self-help/self-improvement industry who talk about different ways to improve your life. Katie is somebody who walks the walk. From everything I know and have heard about her, she's



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someone who lives what she teaches. She sets a powerful example of what you can do in terms of changing yourself.

Byron Katie: It certainly doesn't take courage to do that; I think it takes courage not to. I've found that it's so much easier to walk my mind out, that right mind, to walk it out and live it out, because it gives us a whole internal life to follow, and then cause and effect -that's what we deal with here.

David: I want to jump into some of the specifics. Let's step back to your first book, *Loving What Is*. It was a best-seller with great content and great methodology. *Loving What Is* is the concept of the book and I want to reference what's been going on with Katrina in the Gulf Coast.

Hundreds or thousands of people in the Gulf Coast have lost their lives or been displaced from their homes. Will you help our listeners understand how anyone could love such a disaster with such devastating effects?

Byron Katie: It's simple for me to finally, now -I watch, I'm glued to my television and to the news and watching these people on the rooftops. They've lost their loved ones and they're in attics and it's hot and there's no food or water. There's so much pain and suffering. I watch very closely as these people teach me how not to do that.

These people teach me. It's like what is, is. What is reality, it is what it is, and there's nothing we can do about it. What is, is always the story of the past.

What I love about the past is it's over. Now, how can it serve me from here and how can I help? That's what I love about the past; it is the teacher. It's a waste if I cannot see it with my eyes wide open, to see that reality and let it serve me now. So many of us leave it up to other people, rather than to be a student of life, a student of the past and use it so all of that pain comes out for good.

David: Very powerful. I'm looking at it and thinking about some of my feelings relative to what's going on there and also relative to other things in the past. For me, in a number of situations, it's always hard to let go of the anger and frustration in the past. Are you going to be able to take us through some of the process in terms of how we could take the past from this emotional attachment to a point where we can learn from it? Is that part of the whole process?

Byron Katie: Yes, that is a part of the process, and The Work, these four questions and



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turnaround, is experiential, so it's up to each of us to walk ourselves through it and see how we come out emotionally and how those emotions change. I know that I can see and experience the most horrendous pains with people who come to me one-on-one to do The Work. Being a mother and grandmother, the things that come at me, I have come to see that even sadness itself is a mind of tantrum. It's the war with what is, it's the war with reality.

Again, reality is the past. What can I do in this moment now? As I continue to question my mind, I continue to live in this free space and this moment, as a collective intelligence that knows how to respond. Sadness, this emotional sadness, this war with reality and what is, it costs us a lot of energy and power that we could be putting to change. It also teaches fear in the world, and panic.

David: I definitely see that. Let me jump ahead to something that you've been known to say. One of the things I read in your book and I know you say is: "Judge your neighbor, write it down, ask four questions and turn it around." Why do you encourage people to pass judgment on others?

Byron Katie: I've talked about it a little. We could say, for example, that with my children, I may think, "My son doesn't listen to me." The next thought is, "How can he be so ungrateful?" Or, "Why can't he hear me?" The mind just goes crazy with that, but if I write that down and really look at that concept, "My son doesn't listen to me," and I walk myself through that process and turn it around, and this is the short version, it leads me to listen to him and to listen to myself.

It leaves me very humble in the experience as I realize that I don't always listen to people at the level that I would like. Sometimes my mind is split, it's somewhere else and I'm unable to. Maybe I'm spaced out, but until I really look at it, then I hold my child as though he were the enemy, as though he's doing something wrong. I've come to see very quickly that when people don't listen to me, it's because they don't need to.

David: So "judge your neighbor" is something that really provides the value when you turn it around?

Byron Katie: And question it, because we've come to see that everything is exactly the way it's supposed to be, up to this moment. Do I have the power and the clarity and the love in my heart and the openness and the energy to benefit humanity from this place now? That benefits me.



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David: We've been mentioning The Work a number of times. I want to mention Katie's website. I highly recommend checking out some of the things she's doing: www.TheWork.com. Take a look at it after the call to get additional details on some of the things she's talking about.

Now we're going to move ahead into some more details of The Work. Many people who are drawn to The Work are struggling from what I describe as deep emotional pain from things like rape, incest, divorce or death of loved ones. I understand that the best way for anyone to really appreciate the value of The Work is to experience it.

As part of this interview, I was asked to prepare a worksheet, that is the starting point for stepping through The Work, so you can take me through the process and allow people to see how it works. I sent you the worksheet, so can we go through that now?

Byron Katie: Yes, let's do these. If you'd read it, then people can catch up with some of the thoughts that millions of people are considering now. I've come to see that there are no new stressful thoughts. You think them, I have thought them, and the whole world has thought them. They're very powerful.

David: One of the things I mentioned earlier was Katrina. One of the things that's going on with me is that I've been glued to the television as well and I've been extremely angry with what's going on with President Bush and the government for their failure to help the people in Louisiana in a timely manner.

I'm just outside New York City and I saw what happened with 9/11. I've been very upset with it, very angry and frustrated with Bush. Many of the people have died, I feel, because President Bush and FEMA have really failed to take proper action to ensure the safety of the people in the aftermath of the hurricane. As I watch television every day, literally, it's on 24 hours -every time I turn it on, I get angrier and angrier. That's the starting point for one of the things right now.

Byron Katie: I see that one of the things you expressed is that you want President Bush to admit that he screwed up and you want him to change things at FEMA.

David: Absolutely, yes.

Byron Katie: The Work is so simple. It's four questions and a turnaround. You want President Bush to admit that he screwed up.



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David: Absolutely. President Bush and the head of FEMA, both of them, absolutely. They screwed up.

Byron Katie: How do you react when you think that thought and he does not admit it?

David: Frustrated that once again, someone who is supposed to be taking responsibility for our country and really “the buck stops here,” in which I’m a strong believer, isn’t doing it.

Byron Katie: So you become frustrated and your mind begins the “because” and the pictures in your head begin to show all of the proof that you’re right. That’s the mind’s job. It will find all of the proof and it will be valid. That’s not right or wrong, it’s just how the mind works.

Does that thought bring peace or stress into your life as you’re glued to the television and you think, “I want President Bush to admit that he screwed up and he does not”?

David: That brings more stress, it’s more mistakes.

Byron Katie: This is the fourth question. Who would you be, watching television, without the thought, “I want President Bush to admit that he screwed up”?

David: Who would I be?

Byron Katie: ... watching these people, just watching without the thought, “I want President Bush to admit that he screwed up”?

David: I’d probably be more sympathetic to helping and less angry about what the problems are and what the causes were. Who would I be? Probably someone more sympathetic.

Byron Katie: It’s nice to fit in these four questions, every one of them. They’re meditation. They are introspective. We become still and watch these answers as they surface from within us. Ask four questions, turn it around: “I want President Bush to admit that he screwed up.” What is the opposite of that?

David: The opposite of “I want President Bush to admit he screwed up”? I guess the opposite of him would be me?

Byron Katie: Try that.



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David: I want to admit that I'm trying to do the right things, that I'm doing the right things -or that I screwed up?

Byron Katie: No. If I have "I want President Bush to admit that he screwed up," I turn that around. "I want me to admit that I screwed up," and then I become silent again and I look in my life. Where have I screwed up and not admitted it? I sit in it and I become very open and courageous with it. Where is it that I screwed up that I have not admitted?

As these things surface, I do it quickly. If I have to call someone that I haven't known and track them down after 30 years, I may call that person and admit it. I clean up my life. Where is it that I've done it today? Where is it that I haven't admitted it? I begin to clean up my own life because I don't have the power over George Bush, but if it's such a noble thought, let me live it.

If it's better for the world that he do that, why don't I make my little raindrop in there and begin from there? If I can't do it, how can I expect him to do it? I can't. This is very [indiscernible], so I'd like to see how far I get with that one, and oh my, what a journey. It begins with one and that's very powerful.

I was agoraphobic and paranoid, just radically so, and this has brought me out, the power of one, and how that passes on and on and on. I really want people to get the power of this and how we can take it back when we don't have the power to shift a President's mind. Can you find another turnaround to "I want President Bush to admit that he screwed up"?

David: Absolutely. I'm just taking in what you're saying right now. Part of my anger is that I feel he hasn't taken responsibility, and as you've been talking, I've been thinking, and I haven't before, about a number of areas where I haven't taken responsibility.

Byron Katie: Isn't it true? Where is it that I don't take responsibility in my life? Hear what you say, "I want him to change things at FEMA." He has the talent to change things at FEMA. Is that true? Can you absolutely know that he has the talent or imagination or capability or experience to change things at FEMA? When we think, "I want him to change things at FEMA," is that true when I consider these ideas?

David: Is it true? Yes. Does he have the talent, the ability or the power? Do I know that for sure? No.

Byron Katie: Not knowing that for sure, are you sure you want him to jump in there and try to change things at FEMA? He has changed things at FEMA, and we see reality in front of



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our face when we look at the conditions after the storm. How do you react when you want him to change things at FEMA and they're not changed and he doesn't even admit what you want him to admit?

David: Two things come to mind. One is still frustration and anger, but then I'm immediately following through on what you're saying. Let me turn that around on me in terms of things that I've tried to change.

Byron Katie: Yes, and how frustrating that can be and how hopeless sometimes.

David: There are things that I've beaten my head against a wall trying to change that I've been unable to.

Byron Katie: Yes, and we ask them to do what we can't accomplish ourselves, in our own lives sometimes. Specifically, "I want him to change things at FEMA," turn it around, "I want *me* to change things at FEMA." Now, let me sit with that. Let me exercise all of my power. "How can I change things at FEMA?" Am I even making an attempt? Am I using my abilities to do that, or is it that I have and have not volunteered?

Where is it that I can have some kind of an effect in that area? "I want him to change things at FEMA." Is that true? Yes. I want him to change things at FEMA. How do I react when I think that thought and things aren't changed? I can become very frustrated, confused, hopeless, un-empowered and stressed out. Who would I be without the thought, "I want him to change things at FEMA"? Much more peaceful, and in that, much more creative, clearer.

David: Yes.

Byron Katie: Around "I want me to change things at FEMA," let me just be still and continue to watch the news and see, when a space does open up where I do have the capacity and maybe experience or enlightenment to make some kind of shift.

David: Each of the things you're mentioning is pushing me. My general mode is that if things or people around me aren't behaving and doing the things I want, I'm in a mode of changing myself and also trying to change other people. What you're saying and forcing me to think about is that it's not healthy to be in the mode of trying to change other people.

Byron Katie: It's not for me, simply because I've come to see that I can't. I can't. Then when they do change, I think, "I did it." How does that serve? It just pumps me up again. Do I need it? No. I don't have time for it. I need the genuine and the pure because that's where

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we are the most creative and the most helpful and the most selfless, and that's a weight lift.

David: I can see the value in looking that way. Can we take a few minutes to step through, slowly, what the process is? We talked about judge your neighbor, write it down, ask four questions and then turn it around. Can we step through what you're doing with me right now? I think it's powerful and I want to make sure everybody's getting the four questions, the specifics of what we're doing, so they can walk away and start the process of taking a look at it for themselves.

Byron Katie: Good, and you've written one here: "I need President Bush to make my country safe." You need him to make the country safe. The first question is: "Is that true that you need him to make the country safe?"

David: Is it true? I need the government. I need him. The President, for me, represents the government. If you want to point to one person whose job it is, for me, one of the prime things that the government serves is to make my home, my country, safe. Is it true? Do I need them to do that? Yes.

Byron Katie: Okay. The second question is: You need government to make your country safe; can you absolutely know it's true that that is what you need to be safe?

David: No. I can't absolutely know that it's true, no. I believe it's true, but can I absolutely know that that's the only way for me and my family to be safe? No.

Byron Katie: This is the third question: How do you react when you think, "I need government to make my country safe," and you're watching television and you see Katrina and the aftermath?

David: I think two thoughts. When I think that and things are going well, I think it's great, but when something's gone wrong...

Byron Katie: ... restful thoughts.

David: ... but when there's a problem, an issue that is impacting me directly or people I know, or strongly impacting, then it creates stress, and already there's enough stress. It's adding additional stress when I see that, then the stress of what can I do to help? First, I think two things -I do what I can -but I think why aren't they doing what their job is?

Byron Katie: I have found there are only three kinds of business in all of the universe: mine,



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yours and God's. I look at whose business is the country. This works with the three kinds of business. If I am mentally over there running the country, the government is running the country, there are two of us over there and there's no one running my country, right here in my mind and in my home with my family, children and grandchildren. I'm over there with the government and there's no one here.

If I'm smiling at my grandchildren, there's no one conscious here; there's no one present because I'm in Louisiana and there's no one here for me. There's no one here for my grandchildren, so what's happening to my government, in my head and in my life, right here? How effective is that just in the moment? When I'm frustrated, I take it out on them. "I need government to make my country safe." Who would I be without that thought? That's the fourth question.

David: I'd be someone -you mentioned mine, yours and God's -focusing on my life.

Byron Katie: My business right here, right now. What is going on in my home, my government and my mind? "I need government to make my country safe." Turn it around. We've gone through four questions, now we're turning it around. This is where we get our power back. "I need government to make my country safe," turned around.

David: I need me to make my country safe.

Byron Katie: Yes.

David: I need me to focus on it versus worrying about his job and his business, I need to really focus on my business.

Byron Katie: Yes. What can I do for my country to make it safe? What can I do for my children to make it safe? What are my words as I'm watching television? What am I teaching my children as they listen, as I discuss it with my family? Through my frustration or my anger, what am I teaching them, that it's government's responsibility and not mine? It's not right or wrong, it's just to note it.

What is going on in my own mind when I am putting blame out there without doing equal time in my whole life? Everything we see is how we teach us, and it gives us the power to run a really clear and peaceful world from where we are, and that is not a small thing. That is not a little thing because everyone around us takes it on.

We're always teaching; it's just what are we teaching? It's not an option that we're teachers. Every human being is a teacher, just what are we teaching? Let's be aware of it. If I am



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fearful, I teach my children fear. If I am empowered, I teach my children empowerment.

David: I want to talk about a couple things that are coming through my mind right now. The first part of this, in terms of the worksheet that started this process -and I think there's a lot of this on your website?

Byron Katie: Yes, the four questions and turnaround, it's always upfront for everyone to experience.

David: Okay. Once again, Katie's site is: www.TheWork.com. The first question you had me answer is: "Who angers, saddens or disappoints you?" The questions you had me go through are:

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

That really helps me understand what impact that thought's having on me.

Byron Katie: It's the whole world, David. It's no thought, no world. It's just what kind of world are we living in? The world is created through our imagination, and if we are experiencing a stressful life, I invite people to wake themselves up because no one else can do it. The beautiful thoughts don't need work, like "I care about you. I'm so happy that we've connected today and isn't this a wonderful world?" Those thoughts don't need work, but the stressful thoughts, just question them and turn them around. People may see that as valuable.

David: I have a few questions on the process. I also have some thoughts going on in my head. The Work, this investigation process, what makes it so effective for so many people?

Byron Katie: When we question what we believe, it's like if you look down and there's a poisonous snake, you're terrified. You're out in the desert, you're alone and there's no one to hear you scream. You jump back, your heart is pounding and you've broken out in a sweat. You're paralyzed with fear and the cloud shifts, the sun shines through a little differently.

You happen to just get, "Oh my goodness -that was not a snake, it was a rope." I invite people to stand over that rope for 1,000 years and try to make themselves afraid of it again.



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It's not possible because you have realized for yourself what is true. This is self realization. I have come to see that every problem is a rope. Without exception, it is a rope.

The mind believes what it thinks and its job as a seeker is to find all of the proof, and until it's questioned, it can never understand that it is the truth that sets us free. We question what we believe using these four questions and turnaround. It's so simple that children can do it. Everyone loves it.

In some ways, when we experience fear, we are immature. This is an immature human being, a fearful human being, we're like children. I invite people to really work with this for a while. Work with the snakes in their heads.

David: I come back to how I almost have two sides. I have what I consider an intellectual side that thinks through, and then the emotional side of me. What I find as I'm stepping through the process is it seems like a very mental process.

Byron Katie: There's nothing that's not mental.

David: Okay, I can see that.

Byron Katie: When we're sleeping, our body could be turning around and moving and we don't experience it because there's no thought, no world. So what is not mental? Nothing.

David: I guess the two words that come to mind, the intellectual and emotional sides for me, and as I'm stepping through the process, for me, a lot of times things initially impact me intellectually. I'm thinking through and looking at the process. Is it true? Can you absolutely know that it's true?

It's forcing me to think of who I am without that thought? It steps me through intellectually first, and then it brings me to almost an "aha" moment, which then begins to impact me emotionally. For me, a lot of times, it's the intellect and then following the emotion.

Byron Katie: Yes, and that's what this Work is about. It's about internal cause and effect. We work with the thing that stresses us out, frustrates us. We question it and we begin, as we question and turn it around, to experience the opposite, a place of balance and also a place of gratitude that I didn't believe was possible. Gratitude was something I thought I always should be experiencing, and I didn't. Now I live in that state.

David: That would be a great place for me to live in all the time. One of the challenges for



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me, and maybe you can provide some insight to all of this, one of the things I see is that I have a small business that I'm running, I'm very driven and I have three young kids at home.

I've got a lot of stress-inducing stuff going on in my life, and I'm sure most people do today. I find there are a lot of thoughts, on a regular basis, that come into my head, that frustrate or anger me. How does The Work fit into when literally, on a day-to-day basis, things come up?

Byron Katie: The Work is meditation. Isolate those thoughts and put them down, just keep a pen and paper somewhere and write them down and then just sit with these. Just sit with one a day as meditation and set yourself free. Enlighten yourself, wake yourself up. Like the snake and the rope -once you're awake to it, you cannot be frustrated over that idea again. It's not possible because you have realized, for yourself, what is true.

What I love about The Work is we're not left as peaceful people who drool on a mountainside. We're absolutely into action and I see love as action. It's like love and action are where the mind and the body move as one without turmoil and opposition and war. It's a fearless place and it's the only safe place, really.

David: Powerful. You just mentioned having multiple views, and this kind of stuff hitting me on a daily basis, to write down your judgments, write this stuff down. Why is it so important to write this stuff down?

Byron Katie: The mind will justify it. It will change the thought, it will play with it, manipulate it and you won't even recognize it by the time the mind is through with it, so we write it down and there it is, stopped. There our belief is stopped. We questioned it without changing it or manipulating it. There's such a radical shift that begins to take place in it that we don't recognize ourselves.

What this questioning of the mind does is we really lose the world as we understand it to be. We come to understand that we're really living in heaven if we can see reality as reality and not see it through what we believe about it. Reality is not a problem. Our thoughts about reality are the terror, and it is the only hell in my experience and I have no hell.

David: From what you took us through before, in terms of the earlier part of your life, you clearly did.

Byron Katie: My life is about getting these four questions and turnaround to as many people



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as possible, not that they would use it, but just that it's available as a choice. It's so no one has to suffer like that. I was simply believing my thoughts. That was the only hell and depression I experienced.

David: Thoughts and beliefs. Let me ask you a general question about The Work. Is The Work going to fix a person's problems? People have real problems. Is it going to fix them?

Byron Katie: Yes, they do. When it's real, it's real. Will it fix peoples' problems? It restores us to a sane, clear mind. A sane, clear mind moves through problems like a magician. It is not a problem for a clear, loving mind. Confusion is the only suffering in the world and to question the mind is the end of suffering. It's the end of chaos.

David: So our thoughts and beliefs, if incorrect or inaccurate, are going to lead to confusion. You're saying if you clarify them and gain a real understanding, it's going to bring you to the clarity which will enable you to live now and take positive action?

Byron Katie: Absolutely. A loving human being would take loving, caring action if they weren't so frustrated, exhausted and too confused to do it or to even know what it is.

David: Your experience is just stepping through the process of asking these questions. I see a lot of times in my life where things can get overwhelming. You're right, you're confused, clouded and it's hard to be focused. You've found by picking one area, starting with that and going through this process, you can gain clarity a step at a time?

Byron Katie: Absolutely, just one concept at a time, if you put it on paper, like, "My children don't listen to me," "The world is a terrible place," whatever all these thoughts were -we saw examples. For people who want to begin to identify the stressful thoughts, the worksheet that you filled out is on the website and they can download it. I put this worksheet together to assist people to pull their minds out on paper.

A lot of us don't need it. Any time there's a stressful concept, we isolate it, put it on paper and continue to put them down all day long. I used to drink a lot of water before I went to bed at night simply so that would wake me -the need to go to the toilet would wake me -to get these thoughts that are free, without me manipulating them in any way, and write them all down, and the next morning, question them because I could not get enough.

I was ending the world and I was in a hurry because it was a world of suffering that I lived in and I was undoing it. I have undone it as far as I know, and I am totally open to pain, absolutely, 100% open because I've come to see that an unquestioned thought is the only



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suffering, so who could fear a thought? When we believe they're real, it's because we haven't questioned them.

David: It sounds like when there is reality, this helps clarify it and figure out what the real issues are.

Byron Katie: Yes, and reality is a beautiful thing. The short version would be "woman sitting in chair, talking to friend." Now, that's a reality I can deal with and then I look out, with the sun shining and the sound of ducks, and this is reality. The story that we would superimpose upon reality, that's not reality, that's imagination gone wild. If we isolate those thoughts and write them, it leads us into position to not only notice reality, but love what is, right now, in this moment.

David: I want to jump back to the snake/rope example. I think in most cases, I look back to my life and people I know, it is a rope and it's not a snake. This process questions it and forces you to understand and appreciate that.

Byron Katie: Well, if the person answers the four questions, yes.

David: Right. In the case that the snake is a snake, it sounds like this process also forces you to focus on it to a point where you can gain clarity on what you should do here and now.

Byron Katie: Absolutely. If it is a snake, why would I fear it when I'm out of fear? I can be clear and if the snake strikes, then I'm clear enough to move. I'm as quick as the snake, and if the snake does bite, what are my thoughts about the bite, as I become paralyzed, not from fear, but from the venom maybe? What are my thoughts? Who would I be without my story, witnessing my own death?

That is life. Why would I miss my last few moments and live it in fear? Why wouldn't I be in contact with and appreciative of and love my last few moments. It's not even knowing that they were my last few moments, just loving what is. If we're pushed off a high rise, what are our thoughts on the way down?

David: You can think horror or you can think what a great life you've had.

Byron Katie: We're going to think what we think because I've come to see that I am being thought, I'm not even the thinker. It's not as though we have a choice over what we think. When you wake up in the morning, the "I" begins. I'm awake, I'm late for work, I've got a problem, I've got [indiscernible], I've got this, I've got that. It's the "I" awake. Who would we

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be without our story, just witnessing life, this mind lived out as creation?

It's so magnificent and I invite people just to start with one stressful thought at a time. What I love about this Work is it meets us where we are, from a fearful mind. We don't have to be spiritual to do this Work, we just begin from where we are and that's integrity. We no longer have to fake it. In the privacy of our homes, we sit and begin with the concepts that are stressing us out and costing us our peace and our joyous times with our families.

David: You mentioned a story, that a person's life is just their story about life. What do you mean by that?

Byron Katie: It's not just their story. Our stories are so important to us. Who would we be without our stories? We have no idea. It's terrifying for the ego. Again, no thought, no world, and this is very frightening for people. I am the woman talking to you. That's enough story for me, that's all I can handle. What a wonderful position to be in, or to say we were not talking, I am the woman sitting, looking out at the trees.

I can do that from a rooftop without my family, as I saw them go underwater and not come up again, as I float on the roof of what's left of my life. That's the power of a clear mind, and to see the people that I can help because that's what helps me. That seems radical to some ears, and it's what we all deserve, either that or God is a sadist.

I have come to see that that is not the case, that everything happens for good. If I can't see it, then I'm experiencing the unenlightened mind and that is hell. It's not right or wrong. I am one who just pushes people to love because I know that that's our path. I'm just in a hurry.

David: I want to get into some of the other things you do relative to The Work and some of the things we're talking about here. You teach a nine-day course called "The School for The Work."

Byron Katie: It's an amazing place. It's like a place where people can take nine days out of their lives and sit in the space with me and do nothing else but question the mind and come out as a kinder presence and a super problem solver, if you will. It's my heart's desire and I can't imagine anyone living their lives without doing "The School for The Work" first.

For those people who cannot take nine days out of their lives, I have two and three-day intensives, where I sit with people. They're like the mini school. Also, the website where everything I have is offered freely with directions, everything a person would need to sit alone at home. Of course, I have two books out and have done so well, which are available



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in bookstores everywhere.

David: I want to talk about one of those. My first introduction to what you did was the book *Loving What Is*. One of the things that I found powerful for me, and I want to get some insight from you, is you take people through what looks like a simple process. It looks like a straightforward process.

One of the things that I saw that helped me a lot is you provide countless examples where you've taken other people through with their issues, using this questioning method. What's the power of seeing how other people have gone through this? How does that help other people?

Byron Katie: It's like if you see someone jump in the water who doesn't know how to swim and you don't either, they jump in the water and make it across to dry land, and because they did it, you believe you can do it. You jump in and you do it.

It's like being in the presence of truth, we find our own. It's an amazing thing to witness other people doing The Work and to answer the questions yourself as you witness that. You have the person walking through The Work, their mind and your mind, both going to empower you. It's a beautiful thing to know that if they can do it, we can do it.

David: One of the things that was powerful for me in the book is the wide range of examples you have. I stepped through one example for me, relative to what's going on with Katrina, because I went home today, I was watching the news... every day, all you see and hear about it.

My whole life includes a relationship with my wife, my kids, my employees, people I do business with, my friends -there's a whole wealth of things that are going through relative to that. The book, for me, really provided a wide range of examples and many of them hit home for me. I'm sure people are coming from different vantage points. People are husbands, wives, mothers, children and it steps you through quite a different range of areas for folks.

Byron Katie: The 9/11 piece, I even recorded. I was in Boston because I couldn't get to New York on the 12th, which I was scheduled to be there, because all the bridges were closed. I made it as far as Boston. I did The Work with a woman there who was out of her mind in terror. [Audio interference -inaudible]... she knew they were about to attack again. She had children.



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Within a very short time as I worked with her, she was laughing and [indiscernible] look forward to. It was miraculous, and even though it was on tape, my publishers said, “No one will believe this. It looks fixed, we’ve got to choose another piece.” That’s the power of The Work. We have to get something less powerful and more believable, but if she can do it, we can do it.

David: At *Healthy Wealthy nWise*, we believe in the power of intention to manifest outcomes. What is your most important project and what intention would you like us at *Healthy Wealthy nWise*, along with our listeners and readers, to hold for you?

Byron Katie: The intention of peace, and not for the world; just for you. In that, the world will find peace -so for everyone to continue to do their beautiful, internal work and focus on peace if that’s really what you’re looking for. Out of that, the creative mind is infinite. It does not get stuck.

People in The Work, you know how to un-stick it so that mind can continue to be its infinite, free self and give the world what they haven’t had so far, and that is unlimited power. We are more than bodies, we are minds, we’re infinite mind, and the nature of that mind is that it loves to create. As I love and see “what are we creating,” if peace is what you want, that is the ultimate success.

David: I think peace is what all of us want.

Byron Katie: Yes, and that is the ultimate success and that’s the place where we can direct our passion and everything comes out of that because the more peaceful we get, the more wealth, the more everything that can pour into us to support that. That’s how it works.

David; That ties back to what you were saying about having clarity and the wrong beliefs can lead to confusion. The right beliefs are clarity.

Byron Katie: The beliefs that are [indiscernible], we feel them as stress and frustration. Stress and frustration are a gift, like the alarm clock, that says, “You’re in a nightmare, wake yourself up.” Then we wake ourselves up by questioning what we believe, turn it around and we begin again.

David: And just keep doing it on a daily basis.

Byron Katie: Yes, we have to keep doing something so it may as well be directed toward peace and allowing the infinite mind to be free.



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David: Very powerful. Thank you for being with us tonight. You've provided a lot of information.

Byron Katie: You're so welcome. Thank you for you and the world.

David: You're welcome. You've talked about a whole bunch of things in terms of the questioning, The Work, turnaround, different types of business, whether it be mine, yours and God's. What single idea would you like to leave people with?

Byron Katie: Suffering is optional. Peace is just four questions and a turnaround away. We're all responsible for ending our own suffering.

David: I'm going to hand this back to Janet in a couple minutes. There's a lot of information. What are the first steps that you'd recommend folks take in terms of learning this process and getting closer to inner peace? The website is: www.TheWork.com.

Byron Katie: I'd suggest they go to the website and follow the simple directions.

David: Everything is right there. I know on the website, you have the questions, it steps you through everything.

Byron Katie: Yes, the worksheet too. Then people who want to know more can buy *I Need Your Love -Is That True?* I think it's the most important book on relationships ever written. Then the text for The Work is also at bookstores everywhere, as is *Loving What Is*. I talked a little about "The School for The Work" and the two and three-day intensives. Basically, it's all on the website.

David: Sounds good. Once again, I appreciate your time. I want to thank everybody for joining us.

Janet: Thanks so much, David. Katie, thank you for sharing your wisdom and the profound process of The Work with all of our readers and listeners. The events on the Gulf Coast have been shocking for people all over the world, and it's timely to have the reminder that God is good and God is everything, and to have this wonderful process of investigation to help us undo those thoughts which cause us to believe anything else is true.

Katie, you know we love you and look forward to continuing to support your work in any way we can.



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Byron Katie: Thank you, Janet.

Janet: You're welcome. I would also like to say that I have taken Katie's "School for The Work" and I can truly say, and I know Chris would also agree with me, it was completely profound. Every day, The Work is with us -it's always with us. When anything comes up, it's just "is it true?" Thank you, Katie.

For all of you who want to know more about Katie and The Work, go to www.TheWork.com. When you click on "Resources," you'll find a worksheet so you can do The Work yourself on anyone or anything that is causing you to suffer. You'll also find complete descriptions of the four questions and the turnaround, as well as a calendar of events, where you can decide when you will be able to go and see Katie in person. I'll tell you, sitting with her in person is very, very powerful and a lot of fun.

Byron Katie: Janet, I didn't mention The Parlor, but it's a place where I'm very intimate with people and I answer my email and questions and I'm very personal in that Parlor. I love that.

Janet: I do too, Katie. It's just like it's just you and me when I'm there. I know everyone else feels that way. It's just like a big old love-in, so thank you.

Byron Katie: It really is an awakening.

Janet: Everyone else, be sure to join us on September 20th when we'll be interviewing Paul Scheele, chairman and co-founder of Learning Strategies Corporation. Paul is the author of many books and audio programs on topics such as photo reading, the ideal mindset, decisive action, consistent achievement and personal celebration. He's a brilliant speaker. Many of you have heard him in our "Passions" series. You'll love being with him.

On October 4th, we interview the legendary Jim Rohn, whom Tony Robbins called "an extraordinary human being whose philosophy can enhance the quality of life for anyone who exposes himself to it." Harvey Mackay said he's "one of the most articulate, powerful, thought-provoking speakers I've ever seen."

On October 28th, we interview Debbie Allen, author of the award-winning *Confessions of Shameless Self Promoters*. If you've ever wondered how to turn your passions into profits, then you don't want to miss this interview. We look forward to being with you for these incredible interviews.

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David: It's been a pleasure. I hope everybody got a lot of good, quality information. I highly recommend following up and taking a deep look at The Work and the value it will bring to you.

Janet: Thank you, David.

Byron Katie: It was such a pleasure.

Janet: Katie, thank you so much, and everyone, thank you so much for being with us. We hope you enjoyed it as much as we did and we look forward to being with you again next week as we go through "The Passions of Real Life Legends." Thank you and good night.