

A CONVERSATION WITH BYRON KATIE

Bill Harris: Hello once again! This is Bill Harris, Director of Centerpointe Research Institute and once again, I'm here to help you along with these other awakened teachers to better understand Eckhart Tolle and the power of now and other related subjects and today, I'm here with Byron Katie, who I know has a tremendous amount to say about this and a very practical approach to this. So, Katie, I am thrilled to have you here.

Byron Katie: Thank you and I don't consider myself an awakened teacher and I am very happy. If I have anything valuable, I am so happy to share it and pass it on as, of course, Bill, you know that's what my life is about.

BH: Absolutely. I do know that. So, why don't you just go ahead and explain, for the few who may not be aware of who you are and what you do, what you do and how you came to do it and then we'll go on from there and talk about some of these other topics.

BK: Well, what I do is I toss onto others four questions and a turn around that I found through experience and it works for everyone if their mind is open to it. The Work is four questions and a turn around, which is finding opposites of the subject and topic we're dealing with and that doesn't make a lot of sense to those of you who are listening to this right now, but hopefully it will begin to make more sense. The Work is inquiry. It is a way to identify and question the thoughts that cause all of the suffering and violence in the world and again, anyone can do it if their mind is open to it.

My experiences or what happened, as you asked Bill, is after more of a decade of suffering, of very intense

depression, suicidal and with no way out, I thought people had to die, literally had to die somehow to get out of the pain and so of course, I contemplated that at an obsessive level and one day, one morning actually, as I lay sleeping on the floor, I opened my eyes... And the reason I was on the floor is I was so full of self-hatred I didn't believe I deserved the bed that was next to me to sleep in. And so this particular morning as I lay sleeping on the floor, actually, a cockroach crawled over my foot and I opened my eyes and in place of all that darkness was a joy that I can't begin to describe and what I saw in that moment was valuable, was that, you know, I could go on about the experience, the reverence and, you know, I could go on and on about it, but the short version is, that when I believe my thoughts, I suffered and when I questioned my thoughts, when I came to see what was true and what was not true for me, then the suffering ended.

So, what I've come to understand is that there are no new stressful thoughts. They're all recycled. There are not any new stressful thoughts at all from the beginning of the human race. So, you know, no wonder we continue to have violence and wars on this planet. You know, war in our head, war in our homes, communities, countries and the world. You know, we're still killing each other. Can you imagine a world so ancient that we still argue over who's right as though we are going to win and it, you know, we know from history that it doesn't work.

So, The Work is again, four questions and a turn around. For example, if you took a thought like he doesn't care about me or she doesn't care about me. The first question of The Work is, 'Is it true?' The second question, 'Can you absolutely know that it is

true that he doesn't care about you?' And then the answers are personal and the answers to the first two questions are either a yes or a no and I invite you to commit and to notice how you want to defend and justify. That's how the mind works. It's why it's so difficult... and this work is meditation. So, is it true? Can you absolutely know that it is true? And then third question, 'How do you react, what happens when you believe that thought that he doesn't care about you?' And then you begin to answer.

You begin to notice the feelings that happen inside of you as a reaction to believing. You begin to notice how you attack that other person with your mind or even physically and how you begin to live when you believe that thought, immediately what comes out of it and how you treat yourself and this is the area where addictions kick in. How do you react when you think the thought, he doesn't care about you, she doesn't care about you, they don't care about you, for example. So, you look at your addictions, you notice, you sit, you get still, you notice how you react when you believe the thought and you notice the images that come to mind of the past and the future.

You notice as you're still and you sit in this third question and then the fourth question as you gently move to the next is, 'Who or what would you be without that thought?' And then you get very still and you begin to watch your life as you see it through your mind's eye. You watch your past and you drop the story, just for a moment. I am not asking anyone to give up their story, no story, no world. So, just to look at and notice, who would you be without your story? Living the same life that you have lived and just to notice and then, see if there's anything else in that space that you may notice, maybe something you missed and then we go to the turn around.

He doesn't care about me, turned around, the opposite, "I don't care about him." And then invite people to find examples, as shocking as it may seem to the person sitting in this inquiry, of the ways that you don't care

about that human being and to notice how you have acted that out and maybe there are some amends in order there and maybe, you know, just maybe as you make amends you can also ask the question, 'And how can I make it right?' If you've been, in some way, unkind because that's how we hurt ourselves. If I'm unkind to you, that's how I hurt me. So, you know, it is always back to the self.

Another turn around, "He doesn't care about me." Another turn around, "He does care about me," and then we can find examples of that and again, this work is meditation, to get very, very still. Another turn around, "I don't care about me," and to see all of the examples to see how I treat myself, etc., etc. and then to just allow all of this power, the power, the unleashed power and wisdom that arises to meet these questions. That's where all of the magic, the healing, The Work is a medicine, your answers are medicine and that's what we are tapping into, Bill. You know, the wisdom. No one holds more wisdom than another human being and so, as you answer these questions, you know, any of you listening now, you are tapping into the greatest resource that you'll ever, ever... You are unimaginable power and of course, love is the power and I've come to really understand that that is our true nature.

BH: You know, I think it's kind of a bit of theme in this series that all of these teachers have brought up and certainly Tolle is saying this too, is that all of the wisdom, all of the information you need for anything is inside of you and this is just a very elegant, little method that you have for tapping into that, helping a person to tap into that.

BK: Yeah, I call it checkmate.

BH: Yes. It is, but before we get into that, I just wanted to make one observation that I, you know, I already knew your story of course, so I kind of already had thought of this, but, you know, Eckhart Tolle has had this kind of spontaneous awakening that was not unlike the story you tell where he was incredibly

depressed and it was kind of in that depression, you might say, that he surrendered, would be one way to say it, but he had a similar experience where he just sort of hit bottom and spontaneously saw things in a new way. Would you say that's what happened to you?

BK: Yes, it was impossible to see anything the same way because I didn't know what anything was and you know, I had no reference for anything and when I opened my eyes, it was amazing. It was like something else looking out of these holes and this apparent being and I would maybe look out the window and my mind would say, "Sky," but I couldn't velcro to it. I couldn't believe it. I wasn't able to hold it. It may as well... It is like someone looking at the sky and calling it a tree. It was chaos and none of it real and I began to laugh as I saw that the mind, the moment that mind hit my head, a world, absolutely, was produced, but then people would say, for example, they would say, "Katie, how are you?" And I'd have to look around to see who they were talking to and they taught me my name was Katie, you know, Byron Kathleen Mitchel, now, that's my birth certificate, Byron Kathleen Reed and actually, my family came to get me and they told me my husband and children were coming and I had no idea that I was even married or had children. Nothing, but my mind was such a yes! It was just so in love with everything that a man and three grown people, you know, came to get me and that's how I knew I had a home. They told me they were taking me home and it was just, it was marvelous! You know? And learning the name of everything and referencing, you know, learning references and it is not as though I had amnesia, you know, I can like, talking to you right now, Bill... If someone said, "What is your name?" I would say, "Katie." And I would say, you know, inside of my head, "Just don't ask me if I believe it or not." So, nothing has changed from that first instant of this amazing, unlimited, infinite being.

BH: Well, Katie, I have to say, you sound a lot like an awakened teacher to me although you humbly, I mean, that is exactly the way someone who has had an

awakening speaks, so...

BK: You know, what is really real for me, Bill, I know the difference between what hurts and what doesn't and we all know that and what hurts is when I believe something unkind about another human being. That hurts. And then when we believe it, we have to live our lives out of it and we begin to get a little paranoid and a little separate and then we begin to dislike ourselves. So, what The Work is about is to put those thoughts on paper and to question them. You know, to do The Work with them and then see what's left and then become very willing to and look forward to anything else that life brings us and you know, another reason, Bill that I don't consider myself an enlightened teacher is that you know, what is that?

BH: Well, I totally agree because it's a contradiction because once you have this kind of realization, there really is no me there to be doing these things. So, it's the limitations of language.

BK: And when we look at teacher, it is like, if someone could teach this, we would all be free and that's one thing I love about The Work is it's four questions and a turn it around. It teaches nothing.

BH: You're facilitating people to examine their unexamined premises about who they are and what reality is and most people generate these thoughts and these ideas and these premises and these beliefs, constantly. It's just coming and coming and coming, their mind is creating them and they never stop to look at them and say, "Is this really true?" You know, people think they are their thoughts and beliefs and all of that related mental stuff and they... So, you're just asking people to, and just is probably an unfair word, you're merely asking people, in all it's elegance, to look at those things and to evaluate whether or not that's really so.

BK: Yes, I really, really invite everyone to question what they believe and if they're thoughts like, "I

care about you. I think you are wonderful. Isn't life fabulous? How can I help?" You know, those questions, those thoughts don't need to be questioned because, you know, feel what it feels like when you experience those thoughts. It feels resonant, it feels balanced, it feels light, it feels right.

BH: It's not generating suffering.

BK: It's not generating suffering. It is because it is truer to our nature.

BH: Exactly. Exactly.

BK: And we can't make ourselves believe those things. Like if I think the thought, you know, "I'm lovable, loving and loved. I am lovable, loving and loved," and if it feels right, eventually, for some of us it doesn't feel right at first because we are so full of shame and guilt. But eventually, let's say, if we really started believing I'm lovable, loving and loved, if we don't work with, you know, if you're right, it is closer to our nature. It's truer and when something, let's say for example, I get the parking ticket, as we like to tell it. I'm lovable, loving and loved until I get the parking ticket and then all of those thoughts that they try to avoid override I am lovable, loving and loved and there is no awareness there. So, what I'm about is inviting people to question those stressful thoughts so that 'I'm lovable, loving and loved,' for example, cannot ever be overridden. That there's no thought powerful enough to override our true nature and you know, if we did that, it's the end of war with the self and it really is the mind questioning itself.

BH: You know, one of the things that I brought up that I thought there was a similarity between your experience and Eckhart Tolle's and part of the reason

why I brought that up was because you really hit bottom, Eckhart Tolle really hit bottom, I actually really hit bottom in order to have a similar realization and I think what all three of us are doing is trying to help people to have this breakthrough, this realization,

but without having to completely hit bottom because I don't think it's necessary for people to go to the absolute depths of despair in order to realize that people are creating a fantasy and a very negative one at that and that they don't need to do that.

“ So, what I'm about is inviting people to question those stressful thoughts so that 'I'm lovable, loving and loved,' for example, cannot ever be overridden. ”

BK: And what I've also found, Bill, is they're not creating it. The thoughts happen. They're not the thinker. They're not thinking...

BH: Yeah, the thoughts are happening and then they are believing those thoughts. I mean, that is what I mean by creating a third. It's the buying into it that creates that story that people...

BK: It's like a thought happens and then we attach to it, another way of saying attached to it. The mind believes it because it so quickly shows us the evidence through images and other concepts. So, until those are questioned, we're going to continue, as long as we believe them, we're going to continue to go in the same, like a hamster on a wheel.

BH: People are very good at creating evidence that whatever they believe is true or they will either make it come true or they will make it seem to be true, which really, amounts to the same thing in terms of your experience of life.

BK: So, if I believe something, I have to see it because it's impossible to see what we can't believe. For example, if I am a child and my parents continue to tell me this is a tree, this is a tree, this is a tree, that's a tree, this is a tree. It doesn't make it a tree to me. I'm not separate, words don't have meaning. It means nothing except to them, but it doesn't affect me until there is that moment that I attached, you know, I attach like that word to reality, a false reality, and in that moment, I am separate. There is the tree and me.

BH: Because, tree is just a noise that represents a tree, but it isn't the tree. It's just a representation.

BK: I can't see a tree until I believe it. We cannot see what we don't believe.

BH: Well, you know what is interesting, you know, with a little tiny child, they will point at a bunch of stuff on the wall, a bunch of just, a mess on the wall and say, "What's that mommy?" Or, "What's that daddy?" And it isn't anything that an adult has a name for. It is just a bunch of marks on the wall and it's a disconcerting moment for the adult because they are looking at that and the child is trying to attach a name to it and there is no name for it. I heard Alan Watts talking about this once and I thought that was a perceptive thing for him to have brought up that there are many things in the world that have no name and a child already at two-years-old or three-years-old has bought into this idea that they have got to attach a label to this and then start mistaking the labels for the things themselves.

BK: Yeah, or we buy in that we have to name everything for the children and of course, it does have a name. It's a mark on the wall. So, we have two names there. We have mark and then wall and, you know, names for things. So that's separating out of the whole and it's how the mind, it is how the mind... It mirrors a reality that is false.

BH: Right...

BK: ...you know, out there. It's just mind, we adapt to ourselves.

BH: Exactly and as you know, there is a very famous saying by Korzybski, "the map is not the territory," and a lot of this happens because people mistake their idea of themselves, their idea of things for themselves or the things and once they do that, you get into all kinds of problems.

BK: What *The Work* is about is waking up to reality, just waking up to reality and it's just so, you know, it's like I am the woman sitting here now talking to my friend. That's all the reality I need and reality is so slimly that way. There is never more than you can handle in this moment, right here, right now.

BH: And you're talking about that now moment that Tolle talks about. The same thing, all you need is right now and if there's something you need to do now, then do it.

BK: Yeah and, you know, we notice we do it or not. It's just what are we believing as we sit in our favorite chair or as we're doing the dishes as I like to say, if you don't love the experience then my invitation is always, to ask what are you believing about the experience? If you don't love it, put it on paper and question what you are believing about that.

BH: Absolutely.

BK: You know, the world is perfect and that's difficult for a lot of people to hear, but you know, beyond just a concept. The world is perfect and its nature is goodness. It's what we're believing about the world that feels like hell and it brings about the apparent suffering and it's just basically all a story and that doesn't do us a lot of good just to get that concept down until we really inquire and, you know, for me, to do *The Work* and see the difference between fantasy and reality once and for all and to sit and get still with that.

BH: You know, Tolle in, I think, in *The Power of Now* has a section where he talks about, okay, he has these questions in the book that people are asking him and it's like, okay, but I have these problems and he says, well, really, your answer would be that the problem is coming from what you are believing about whatever is happening now.

So, let's take an example of this. Let's say that somebody just shot you and right now you're there with a bullet having gone into you. I guess my perspective would be, I mean, one of

the things Tolle has said is in that moment, there's either something you can do about it or there isn't something you can do about it. If there's something you can do about it, do it. So, maybe you could call 9-1-1, maybe you could get some help or whatever and if there is nothing you can do about it, then you have to surrender to it.

BK: Yeah, well if someone shoots me, there is no problem. I have to wait and see in reality if there is a problem. You know, because for all I know, it doesn't even hurt. So, if someone shoots me, I have to wait to, you know, to check it out, to see the difference between what is real and what's not. You know, in the first place, I can believe I'm shot and it missed me.

BH: That's true too.

BK: Or I could believe I'm shot and it is going to hurt and it doesn't. Or I believe I'm shot and I got the bullet in me and I can feel it and I turn around and it's in the wall behind me. I mean, we just don't know. So, if I began to experience some pain or some blood. You know, I find that absolutely fascinating and I think that, you know, for me, I just naturally, just naturally, in situations, I haven't had this one. I've had similar experiences. It's just natural to go to the phone or

ask someone near me, you know, "would you call 9-1-1 please and I've been shot and let's see what comes of this." And the 'let's see what comes of this' would be in my head, I wouldn't say that to someone else because people don't really get that I'm not serious about my life and I cannot be serious about my life. My life is full

of joy and love, but what is my life? It's awareness. It is not a physical body.

BH: And kind of where I am leading with this example is that, you know, let's take the worst case experience. You get

shot and you realize that you are dying and that's true, you've determined that that's really true. In that case, if there's nothing you can do to prevent that, then there is only one thing left and that is to surrender to the fact that that's happening, rather than, you know, being in resistance to it in some way and...

BK: My experience, Bill, is I am driving down the road and I begin to experience a paralysis on just one side, a numbness, and I just experienced such excitement. My mind was like, oh, is this how this ends? And oh, it would be kind to pull over and just witness and it was so, so, so amazingly exciting to see what will come of this. I can't fear death because you have to be born before you can fear dying. So, and the only thing born is... Anyway, I don't have a reference for that any longer. So, there's nothing born but a belief system and we identify as the person we believe ourselves to be and that can never be. So, who lives?

So, anyway, without the fear of death, you know, nothing to lose ever and it's just so, so, so exciting and then in the joy of that, I began to function again, it began to pass and have some flow through and I just started the car again and continued on my wonderful way. You know, it is like next, next, next and I know in *A Thousand Names for Joy*, I think I talked about

“ My life is full of joy and love, but what is my life? It's awareness. It is not a physical body. ”

the man that was going to kill me. He had a gun in my stomach and he pulled back the hammer and said he was going to kill me and I looked into his eyes and, you know, my thoughts are, well, of course he's going to kill me. If I believed what he believed, I'd have to kill me too. So, what are we believing? And as I looked into his eyes, you know, and it was just like, I saw the most frightened human being and then I saw it was late and it was the most beautiful moon. I could see the clouds and the moon and oh my goodness, the stars and you know, what a beautiful, beautiful, beautiful world and for whatever reason, he didn't pull the trigger and you know, my thought really was, I hope he doesn't do that to himself, when he said he was going to kill me because, you know, thou shalt not kill because you don't like you when you do that.

BH: So, what was different about your response to both of those situations you mentioned, is that I think most people when something like that happens, they immediately do engage several beliefs and then those beliefs really take on a reality of their own for the person, where as you were just aware of what was going on without adding anything to it, which is a very Zen kind of approach to things.

BK: And yet the story was going on. You know, what a beautiful world and this poor man, I hope he doesn't do that to him and none of it's serious, none of it's real. It's just noticing, it's the love affair with my mind. It's mind's love affair with itself. You know, we work on our bodies and work on our bodies to be young and healthy and flexible and if you had to make a choice, would you choose that or I want my thinking to be young, healthy and flexible and anyone would prefer that their thinking be young, healthy and flexible, if they had to make the choice. Mind is not body.

I was in San Quentin and I have a class in there for The Work and a man in the cell block where I was, they shut this heavy, heavy, heavy steel door and it just echoed and the man began to scream and scream and scream and it set off a couple of others screaming

and I thought, "Well of course, there's no way out." He's locked up there with himself. He's locked up there with his thoughts and that's terrifying, but if you put like a Buddhist monk in there and you closed the door, he says thank you. He's lucky he's in there. He's in there with his thoughts and thoughts, well, you know for me, thoughts are the beloved. Thoughts are not to kill or avoid or dodge or medicate down or meditate down, they are to be met with unconditional love as though they were children just screaming to be understood and that's what The Work brings us to, the mind to a complete understanding of itself and enlightened to itself. Mind enlightened to itself. Mind in love with itself. The love affair with the self. You know, terms like self-love. When the mind loves the mind, it loves everything it sees. You know, it's like love thy neighbor as thyself. I always have, I hated me, I hated you.

BH: I think these are two great examples because what you're describing is really, you're embodying this method that you teach people and, you know, we kind of picked a situation that most people would consider to be a really extreme situation where it would be very difficult to use these questions or this approach. I mean, you were doing it very spontaneously. You didn't have to go through a list of questions, but you were essentially doing the same thing you're asking people to do, but it's obvious that you have embodied it to the sense that it happens automatically for you in any situation.

BK: What I love Bill, is this is happening, you know, I have a nine day school for The Work and this is happening. People, they're there, questioning what they believe for nine days and they're coming out, they are shocked! They are shocked and it is continuing and continuing. It doesn't wear off. It gets stronger and stronger and stronger and freer and freer and freer and the testing that we're doing, it's like even their traits are changing and holding and we have believed for a long time now in psychology that traits don't really change. It's something that you get early on

in your childhood and it's pretty set, but it's just not so. You know, this work when people really sit in it, to see for themselves that it's very personal, to see for themselves what is true and what isn't. It's like, your mother said it is a tree and you believe everything she thinks? That means you need to believe everything she told you, is a question I like to put to people and someone said, it's a shoe. Are you sure? You know, it's a tree. Are you positive?

BH: Yeah, well, it seems to me that in order for someone to engage in this work, that one of the things that they need is a certain degree of self-honesty. Something has to have motivated them to be able to actually look at those first two questions, in particular, and answer them honestly to themselves.

BK: Or you know it can be someone that is just fascinated with how the mind works.

BH: Absolutely, yes.

BK: Or someone who just wants to see how free they can get or someone who just wants to understand life or someone just interested in psychology.

BH: Do you run across people who have trouble answering those questions in a resourceful way?

BK: Oh my goodness, yes! My goodness! The mind, you know, when it's identity is threatened, it begins to lose its grip and it doesn't know what it is and it does, it is nothing and it knows that. You know, the mind is not body, again. The mind is not body. You know, if we worked on our minds the way we worked on our bodies, we would all be enlightened, but you know, bodies die. If you are betting on your body, you're betting on the loser. Work on the mind. Enlighten the mind. Free the mind and anyone can do it whose mind is open to it and it can be for any reason, but if I say, for example, "He doesn't care about you." Someone says, "He doesn't care about me. He hates me." And I say, you know, "Is that true?" They immediately, rather than say yes or no, go into all of the proof.

"Well, yes because he said it. Yes because he did it. Yes because the way he looked at me and yes... "All of this proof and I say..."

BH: Lay out the evidence.

BK: Yeah and I say, I just invite you to commit. You know, to a yes or a no, he doesn't care about you. Can you absolutely know that that's true. And then, yeah, yeah, yeah. Okay, let's slow it down and commit.

BH: You know, I tell people that it isn't a matter of whether something... What I say is most people believe something because they think it's true or they don't believe it because they think it's false and I tell people, I think that's exactly the wrong way to look at it. It's either resourceful or it's not resourceful because anything you decide to believe, for whatever reason, you will accumulate evidence that it's true. So, all beliefs turn out to be true for the person who's believing them. So, if that is the case, why not choose what to believe based on the way your life is going to be if you believe it that way, which I think is what you're saying too.

BK: Well, actually, I don't have the ability to not believe something as long as I believe it to be true. I don't. I can't change it. I can't change it. I don't have that power, but I can question it and test it and it may turn out not to be true, but my mind has to be very open, which, you know, that's what is so fabulous about an open mind is when it's open, you know, it's infinite. There is nothing to stop the mind or us as a human race.

BH: So, if someone tells you that it's true and starts giving all of the evidence, you kind of pin them down like, okay, I don't need to hear the evidence, just make a commitment. Is it true or is it not true?

BK: Well, you know, I just leave it to them and they go there or they don't and again, it's personal work and then I say, "Is it true?" They say, "Yes, he doesn't care

about me.” “Can you absolutely know that it is true he doesn’t care about you?” “Yes.” Well, those are two honest answers, so that works for me because we’re dealing with that person’s integrity and how you react when you believe the thought, we just move to the third question, move the fourth and move to the turn it around and see what we come out with and there’s no goal. There is no goal.

BH: Right, exactly, and most people in these cases, haven’t considered these questions.

BK: Again?

BH: I was just saying that most people have not considered these questions ever. They have never examined their thoughts and the premises behind them and so, you are really doing them a service by facilitating this.

BK: And also, you know, they can facilitate themselves the way I did and I know when The Work found me, people were calling me enlightened. They started calling from all over the world. I was agoraphobic. I was paranoid. I was crazed. I didn’t, you know, it was quite an odd situation those first three years, but when the thoughts hit my head, they were still powerful. They would, my goodness, they create all of the feelings and so I had to sit and get very, very still to just test, you know, what is and what isn’t? And so it wasn’t as easy, as people, as the stories they were telling about me because I really wanted to know the truth. Well, I am mind and nothing and nothing short of pure, pure, pureness. You know, God realization, you know, the realization of the self, the self-realization, love-realization, you know, whatever the terms. You know, we’re not, there’s no rest until we understand and so that’s, you know, that’s why I believe every human being on this planet has the right to know these four questions and a turn around, The Work exists and that’s my job. You know, and then everyone can facilitate themselves and of course, it’s all on my website and it’s all free and I have things for sale there,

but everything of value I’ve got it free right there and also, thank you, Bill, for making it available just for people to know about this content when it came out.

BH: Well, it’s kind of part of what I do is to do that sort of thing.

BK: You sure do.

BH: So, if someone comes to one of your live events, let’s say, and you take them through this process, I’m sure, quite a number of times so that they really get many, many examples of doing it and they examine a lot of things in their life that they may not have looked at before and I’m assuming that there is a kind of a progression where people are more and more likely, as they go about their day, to automatically begin to apply this and apply it to what they would consider to be more and more difficult situations, such as the two examples we gave earlier. Could you tell me a little bit about what you see in the people that learn this in terms of their progression of being able to do it more and more often?

BK: Well, I have an institute for The Work and if anyone that has ever been to one of my nine day schools, it qualifies them to enroll, but it’s quite a radical school and it’s ongoing and then eventually, people can learn about that on the website, but when people use the four questions, I mean, use The Work for awhile, the questions begin to be automatic in their head. For example, in The Work, there is foundless wordless also, but it would be like if I had the thought, something terrible is going to happen, I experience laughter, where as I used to experience fear. Because today, if I had the thought ‘something terrible is going to happen,’ I would have to laugh because not only do I not believe it, I can’t make myself believe it and nothing terrible could happen. It’s not possible. Not in the paradigm that I’m living out of.

I mean, I have been tested and tested and tested in these last 23 years. I lost my eyesight. You know,

blind and I lost my ability to walk. I've been in wheelchairs and lost my... You know, just so many fabulous experiences have happened in my... Cancer. You know, the doctor called me in just like days ago, just a few weeks ago and said, "You know, I'm so sorry to tell you, you have cancer. Your tests were positive."

And he said, "I want you to come to the office today. As soon as possible." And my thought was, you know, I better get there. This man is upset.

And so, my thoughts are always, you know, they always bring

such joy, you know, for me, the laughter just doesn't cease and then when I got there, he said he had already lined up radiation for me for four or five weeks and you know, I've got a heavy schedule and I don't like down time. I love, I've got a job to do here and I asked if there was another alternative and he said, "Yes, surgery." And I said, "I'll take it." And he said, "If you were my sister, I would advise you not to." And I said, "You know, thank you." You know, all of this love pouring out of him and I opted for surgery and then I'm doing The Work with the doctor. I was in there seven hours. I am doing The Work with the doctor while he is doing the surgery on me. It was fabulous and you know, it's a wonderful world, but you know, it was my nose and I would have images of them having to take my complete nose and I experienced only laughter.

I mean, what is the worst that can happen? Someone would believe something about me when they saw, when they looked at me and the worst that could happen is someone's story about me and mainly, they are responsible for that. And for me, you know, I am not that and you know, what I love watching when people do The Work is they begin to live fearless lives

and every time someone does The Work, they come out as a kinder human being. So actually, you know, I was for any kind of cosmetic surgery so that people don't have to, you know, I do my part, where people don't have to project onto me stories that scare them or stories that upset them. So, so you know, all is well, all

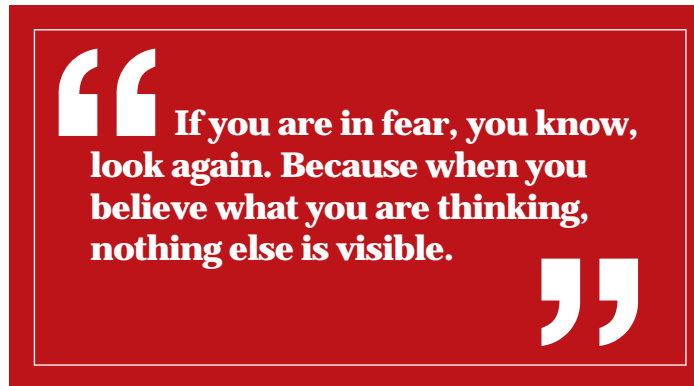
is well, all is well, what else is possible? You know, I'm absolutely blind and then I find a doctor who I am a member of 40, I think, of this experiment he is doing with cornea transplants and so I have two cornea transplants and I didn't need them.

My husband wanted me to see. He was upset when I bumped into walls and you know, I tell my little jokes and he just thinks it is better if I can see and I'm serving people.

BH: You know people...

BK: It isn't necessary. We don't stop projecting. We don't need eyes to project. There's no time I couldn't see. It is all imagination.

BH: You know, people are very busy, you know, until they have this realization that you're talking about, they are very busy dividing the world into two piles, the good pile and the bad pile or the desirable pile and the undesirable pile and then generating all kinds of evidence that the undesirable pile is really horrible and that they, you know, they have to resist it and they have to do something about it and I'm just noticing that you have given up doing that and once you give up doing this, and this is exactly what I am teaching people, once you give up playing that, what I call the game of black and white, where white must win. Once you give up playing that, you notice that everything is just fine the way it is. It's more than fine. It's wonderful the way it



is.

BK: Yes, it is.

BH: But the mind is so strong in creating that illusion, if you buy into it.

BK: If you believe your thoughts. Yeah. If you believe what you're thinking and so to look again for other evidence and the other polarity, in a world of duality where there is an apparent left and right and up and down and right and wrong and black and white, you know, to look again. To look at, what are you missing? If you are in fear, you know, look again. Because when you believe what you are thinking, nothing else is visible.

BH: Well, it's also a mass delusion too because you could have found countless of numbers of people about the cancer who would have been willing to say, "Yes, this is a tragedy. This is horrible." And you know, it's much more difficult to find anybody that would see it the way you saw it than it would be to find people who would catastrophize it. So it's...

BK: Well, you know, and everyone has a right to what they believe and as a respectful human being if someone says, "Oh, that is terrible! Terrible!" I'm listening to their world and I'm interested in their world and I'm open to their world and in their world, cancer is a terrible thing and they really don't ask me about my world because, you know, they can be so involved in a fearful world that mine is for me and, you know, basically, they have a right to their religion and beliefs are like religion. You know, if I believe cancer is a terrible thing, that's my religion and then all of the evidence keeps my devotion, but it is another term for devotion. It's like, the thought comes, we believe it and all of the evidence is a way of worship really. Like cancer is a terrible thing and here is all of the proof. Here is all of the proof. This one died. That one lost their death and this one and on and on and on and that is religion and worshipping what we are believing and

there is not a lot of room for God in it.

BH: So, I was thinking that maybe we should go through a few more examples of The Work and this would be a great one to do that on. Is it true that cancer is a terrible thing?

BK: Yeah, cancer is a terrible thing. Is it true? And I invite people listening just to commit to a yes or a no and either answer is okay. It's personal work so, just commit. Cancer is a terrible thing. Is it true? And just notice a yes or a no as you sit in it and then the second question. Cancer is a terrible thing. Can you absolutely know that it's true that cancer is a terrible thing? And just open to that and how do you react? What happens when you believe the thought, cancer is a terrible thing? Notice the images. Cancer is a terrible thing. Notice the images and how all of your proof comes in images and concepts and thoughts and past and future and notice the feelings that you experience as you witness these images. Is that cancer or are those images? Is that reality or fantasy? Is it like a movie or in this moment, are you okay right here, right now in reality? And then the fourth question, who would you be without the thought, cancer is a terrible thing? Just in this moment. Who would you be without that thought? And again, this isn't about changing your mind. It's not about, you know, it's like, you can answer the question and take the thought back later. It's okay. Just, who would you be without that thought? And then turn it around, cancer is a terrible thing. What's an opposite, Bill?

BH: Cancer is an opportunity.

BK: Well, what's the opposite of terrible?

BH: Cancer is wonderful.

BK: Yeah, cancer is a wonderful thing is the opposite. Well, that's not easy for a lot of people to believe, so I invite you, both of you, who are feeling a little crunchy, to open your mind. As soon as your mind opens, your

heart opens. Open mind, open heart. Closed mind, closed heart. So, open your mind and give examples. Find examples that aren't make believe or wishful thinking, but examples of where you have experienced somehow, cancer being, you know, a wonderful thing. If the universe is friendly, then why would there be cancer on this earth? So, you know, a wonderful thing for me is I got to meet a lot of caring people, people who cared about me. I got to go into a doctor's office and sit with a lot of people terrified of cancer and be with them and I got to experience an amazing surgery where they take skin from one place and they put it on another and I could go on and on and on.

BH: Well, and you have been able to give this as an example of how a person with this perspective meets something that most people think of as being terrifying and it's beautiful to hear you tell the story.

BK: You know, thank you and you know, it's so beautiful. Like, if I am to die of cancer, it's like, cancer has the right to live and I did the surgery and it survives or it doesn't and it is what it is and so, you know, if cancer kills me, I have to be grateful because I have to die on time and how can I do that without cancer? You know, it's all so perfect and it seems as though that it's not cancer now and it's an exciting, exciting...

You know what I love about this world, Bill? No control. No control. Oh my goodness! What could be better than that? We are not the doer. We can just watch. Like, I invite everyone to notice where their hands are right now. Where their feet are right now and did you put them there? Did you plan it or was it a happening? You know, it could be that we are being done and everything else is just a story we're believing and who would you be without your story? Not forever, but just right here, right now, in this moment, who would you be without your story? I love that fourth question.

BH: You know, you are singing my song, Katie. You

know, the whole that there is a big awakening for me was realizing that there is doing, but there is no doer. That the individual doer is a complete illusion, a complete fiction and once you realize that, it totally frees you.

BK: And oh my goodness it's so wonderful! It's just not personal.

BH: And the other thing that goes along with that is one very deeply held belief in almost all human beings is, I must go on and people will create more grief for themselves, more suffering for themselves by believing I must go on and in resisting the not going on, they miss now and they miss being alive now because they are so busy being afraid of something in the future that is inevitable anyway and might end up being a very beautiful thing instead of a terrible thing.

BK: And you know, I love to invite people to do nothing. Like, you know, whatever you're doing, just stop and do nothing and see how long you can do it and there is no way, when it's time to move, you move and it doesn't matter what your story is about it. You know, it's like, well, I gotta sit here and I am not going to move. See? I'm doing it. I am making myself sitting here and then, I would like to say, look, I'm doing it and then the next thought is do I have to take credit for everything?

BH: Well, and all of that time you are growing your hair and beating your heart and dividing your cells and all kinds of things and it's all just happening and actually, everything else that's happening that you think you are doing is happening in the same way as you grow your hair or beat your heart.

BK: Uhuh, except when we're sleeping and we're not dreaming. There's no world there. The mind has to identify as I. I am awake. I am. I am awake. I am late for work. I need breakfast. I want love. And as it believes it, you know, it really is born as this identity. Every moment it is believing, but mind asleep, you

know, not dreaming whereas the world, it absolutely does not exist until the mind wakes to free itself and to end the war of the self. You know, mind's war with itself. You know, that is a beautiful thing.

BH: Yeah, that's what I call the game of black and white where white must win. It's that war with yourself. The war the mind has with itself.

BK: The war with the self.

BH: You know, I said to people, you know, I am doing these workshops with Genpo Roshi and this idea came up in the workshop and I said, "Imagine that you had a knitting needle in each hand and that you were going to have a fight between your two hands and really try to win." That's really what you're doing in your mind. You are creating this illusionary fight that is ridiculous and then basing your whole life around it.

So, let's give a few more examples of The Work that maybe aren't such extreme examples, or what people would consider extreme examples because they involve death or something. What are some of the more common things that people come to you with?

BK: Well, people love to come to the nine day school for The Work to, like, maybe they want to divorce or their spouse is divorcing them or a child died or someone has divorced them. They come because they're depressed, they're frightened. Not all of them, but many of them. I think most of the people that come really, or a lot of them are psychologist or psychiatrists that are really finding such major benefits here, but no one cares is a big one. Gosh, oh my goodness, I have a whole list of universal beliefs that are on my website for people to work with. 'I'm too fat' is a huge one.

BH: Okay, let's take that one. I'm too fat.

BK: Okay, so the four questions. The first one, you're too fat. Is it true? And that's one people like to answer

very quickly. Yes, yes, yes, yes, yes! And I say, okay, you know, I can hear that. So, you're too fat, can you absolutely know that it is true that you are too fat? And how do you react? What happens when you think the thought, 'I'm too fat'? Now, some people can say, you know, I go on a diet. I lose weight. And those are positive thoughts. Those don't need work. What we are looking for in these questions are the stressful reactions. The stressful thoughts and events that happen as an effect of believing, for example, I'm too fat. So, those wonderful thoughts and all of the positive things that you do, those aren't going to leave. Those are in me. Those are, you know, the world will leave you with more options, not less. So, we're looking for stressful thoughts. How do you react when you think the thought, I'm too fat? So, do you have any, Bill?

BH: Well, I'm not too fat, but you know, as you ask these questions, I'm certainly thinking of the things that my students would say and I know that the first two questions, the immediate thing that happens is that people begin, as you said earlier, they begin generating all of these reasons and evidence. You know, is it true? And you say, yes! Everybody tells me it is true. My doctor says it is true. People look at me funny. I have trouble getting around because I'm so fat and I get short of breath and people just start saying all of the reasons to make it true.

BK: Okay, so now, for your audience, and I invite your audience to answer. Who would you be without the thought, 'I'm too fat'? And I invite you to look at yourself this morning or yesterday or you're going to the market or look back in your past. You're going to the market, you're having breakfast, maybe you're going to work or you're driving. Now, look at you, just the way you are, look at your life without the thought, 'I'm too fat.' Who would you be without your story as you witness your life? Who would you be without your story, just for a moment?

And then I invite people to turn around, I'm too fat.

Turn it around, I'm not too fat. Okay, so an example of I'm not too fat would be? The first example I can think of is 'I'm not too fat to be me. Someone's got to be me. You know, it is a perfect world. He couldn't do it. She couldn't do it. You know, I'm the only one that can be me.' That's one. 'So, to be me, I have to weigh this amount exactly, but only in this moment now. I might be thin later. I don't know. But right here, right now, I'm not too fat to be me.'

Another example is, you know, what is fat by definition? And another example is, you know, how can I know? How can I know that, you know, if the universe is friendly, this is who I'm to be and this is how I'm to share my experience. This is how I'm to be with people. You know, I am supposed to appear like this now, to weigh exactly this amount, to have exactly this color hair, to be exactly this height, to be 65-years-old, to be, you know, this is not 'too' anything. This is what it is and then if people think they are too fat, you know, I invite people to make a list, you know, like I'm too fat and that means...? And to make a list. Like, that means no one will ever really love you. That means I'm going to die earlier. It means... And you make a list of what you think, that no one will ever be attracted to me. People will think I'm lazy. You know, you make your list and then you take that list and concept by concept on that list, you do The Work. You do The Work until finally, you are in the experience of self-love.

Like if someone walked up to me, Bill, and said you are ugly. Well, you know, that's their world and in their world I am, but who am I in my world. You know? Do I think I am ugly? Where am I at war with what is? And, so people have a right to see me the way they see me, but how do I see me? And as importantly, how do I see them? If someone says, "Katie, you are ugly," I might, first, I wouldn't have a reference. So they're talking about my body because I relate to mind and so I would just first ask them, what do you mean by that and then if they relate it to my body, I would try to keep from laughing and then I would say, you

know, I remember when I used to believe the same thing about me and quite honestly, could you help me out here, what can we do with me? I need your help and we could immediately... I did this with a man in prison. He said that he didn't like the way I was dressed and my goodness! He was a lifer and I said, my goodness, this man was so honest and I said, I walked him through the four questions and turn around and when we got to examples, he started giving me ways of remodeling me that were so useful, oh my goodness! Dump the glasses he said. Get contacts. You know, I didn't take his advice on any of it, but I could see me through his eyes as this really hip person. You know? Boy, love is the power.

BH: That's very funny!

BK: Well, you know, he was so creative. That man could be anything outside, but you know, he believed his thoughts so he is on the inside and when they release these guys, they are still believing their thoughts and once they believe their thoughts, they end up, you know, it's difficult to stay out of prison when you believe that life is unkind and unfair.

BH: Absolutely. You know, one of the things that occurs to me is that going through these questions, it kind of provides an opening for a person to allow what is, right now, to be what it is and to just appreciate the fact that now is the way now is. It doesn't say anything about tomorrow or 10 minutes from now, but to make now okay because it is okay.

BK: And it's so dear because now is where we always are, it never shifts, never moves, always friendly. You know, if someone has a knife and they are ready to plunge it into my heart, isn't it a perfect world? Isn't it perfect? It is not until I project the knife moving into me that the world is a problem and why would I do that and miss the last few moments of my life? As the knife gets closer, isn't the universe friendly? Isn't it beautiful? Isn't it fine? Until I project, oh, he's going to plunge it into my heart or he's going to kill me.

Those thoughts are terrifying for people. You know, the knife has never been the problem. It's what we're believing about the knife not life and then when the knife goes in, you know, wait, it may not hurt. Wait, you know, just notice, notice, notice the support, notice what a friendly, amazingly friendly universe.

BH: And you're not saying that you couldn't jump out of the way of the knife also. I mean, if that happens, that's what is happens too.

BK: Oh my goodness! You know, everything is slow motion because there is no mental dictator doing anything. You know, if someone comes at with me a knife, you just simply move out of the way. It just makes sense, but there is no fear in it. There is no fight or flight the way people believe. There is none of that impulse there. It's not separate, moving away from. It's united and without separation. It is itself, there is nothing to dodge. It's just a movement and you just hold the person because as they move forward, they may fall and then that's on me. You know, that's my part. So, I would hold them. What wouldn't love do?

BH: Well, I think this is such a beautiful, simple and elegant practice that really does give people something they can do that does take them to that same place that Eckhart Tolle is talking about because part of the reason why I did this course in the first place was because as Eckhart Tolle and his course with Oprah and these books became more popular, I would get feedback and letters from my students who were telling me that they didn't quite get it or they wouldn't know what to do and so I thought, well, I need to get a group of people who are good at teaching other people about some things they can do, good at facilitating people and I just think you have just an elegant, little process that really does take people right to that place. So, I...

BK: You know what I love about The Work, Bill, is it belongs to each of us. It belongs to each of us. It doesn't require a teacher. It just requires a person's love of peace and to open their minds as they ask the

questions. It's to open their minds and open their hearts and allow the answers to surface. Just allow themselves to enlighten themselves to all the love in their hearts and that is the only power. It's within each of us and The Work allows it...

BH: Well, and it's so easy... It's so easy to learn too. It just takes a few minutes to learn how to use it and the more you use it, the more deeply you go into it and see the profundity of it. So, if someone wants to become involved more deeply in having you help them with this, come to a live seminar or some of the other things that you have, how would they get a hold of you?

BK: Well, I think the simplest way is to go to YouTube and search Byron Katie and then they can get a flavor or go to the website, ByronKatie.com, TheWork.com, is a very quick way and, you know, those of you that are new to The Work, you know, welcome to The Work and welcome back to yourself.

BH: And I definitely encourage people to master this simple little process, which doesn't take long to master really and to use this because it is just a very elegant way to experience what all of the teachers in this series have been talking about and I really, I think it is wonderful that the universe has appeared as you to make this clear to people.

BK: Thank you, Bill. Thank you. It's such a privilege for all of us to know our job, you know, our job to wake up from the nightmare and if it's a beautiful dream, oh my goodness! If it's a wonderful, wonderful dream, do you want someone to wake you? No, but if it's a nightmare, that is what The Work is about. You know, and if you are lost in a problem or trouble or any kind of fear once so ever, I just invite people to identify what they're believing and then to do The Work and to wake themselves up from the nightmare because no one can wake us up. You know, it is each of our own responsibility to wake us up. If it could be done another way, we would all be awake to reality and what is and you know, Bill, it's like... If I'm believing my

thoughts, how can I focus on my true nature? If I'm busy focusing on what I'm believing, it's just really not possible. So, as we question what we are believing, as we do The Work with what we are believing, it leaves us open to our true natures and I just, you know, we all come to see that, you know, we've never been asleep to it, not ever, we've just been a little diverted occasionally.

BH: Well, teachers have been saying for thousands of years that the mind is in the way of experiencing who you really are and this is a great way to get some perspective on the mind so that you stop allowing it to trick you into thinking that what it's doing is reality. So, that is beautiful. So, any last thought that you want to share with people?

BK: Oh, just gratitude and just to encourage people to watch, you know, our sweet Eckhart and Oprah and this wonderful jam. Oh my goodness! Left-right brain. Oh how dear, dear, dear! And then, you know, we have some wonderful, wonderful teachers out there and Bill, you know, for you. Thank you for you in the world and thank you for, you know, for giving as much as you possibly can to all of us. You know, for my part, I'm very grateful.

BH: Well, thank you. I appreciate you saying that. So, with that then, I guess I'll say goodbye to everybody until next time and I appreciate everyone listening to these conversations and I hope that they are benefitting you and I certainly encourage everyone to go to TheWork.com or ByronKatie.com and to drink from that well as much as you feel like doing and thank you Katie for being here. I really appreciate you spending this time with us.

BK: So welcome, Bill! Thank you dear heart. Bye bye!

BH: Alright, well. Bye.

Thank you so much for listening to this conversation in our Mastering Eckhart Tolle's The Power of Now series. I know this information will help you to master the ideas Tolle is sharing with the world. To thank you for listening, I have a very special free gift for you. As I've worked to master and implement these amazing ideas in my life, one of the most powerful tools I've used is Holosync audio technology, which, when listened to using stereo headphones places the listener in deep states of meditation, literally at the touch of a button. In addition to many mental, emotional, and spiritual benefits, Holosync creates an ability to focus your mind so powerfully that manifesting what you want becomes easy. I'd like to send you a free Holosync CD so you can try it yourself, along with a free Special Report explaining how it works and all the amazing benefits it has created for the nearly 300,000 people around the world who have already experienced it. To get your free Holosync CD, simply click here <http://www.centerpointe.com/FreeDemoCD/> or call 1-800-945-2741 and we'll send it out to you right away.