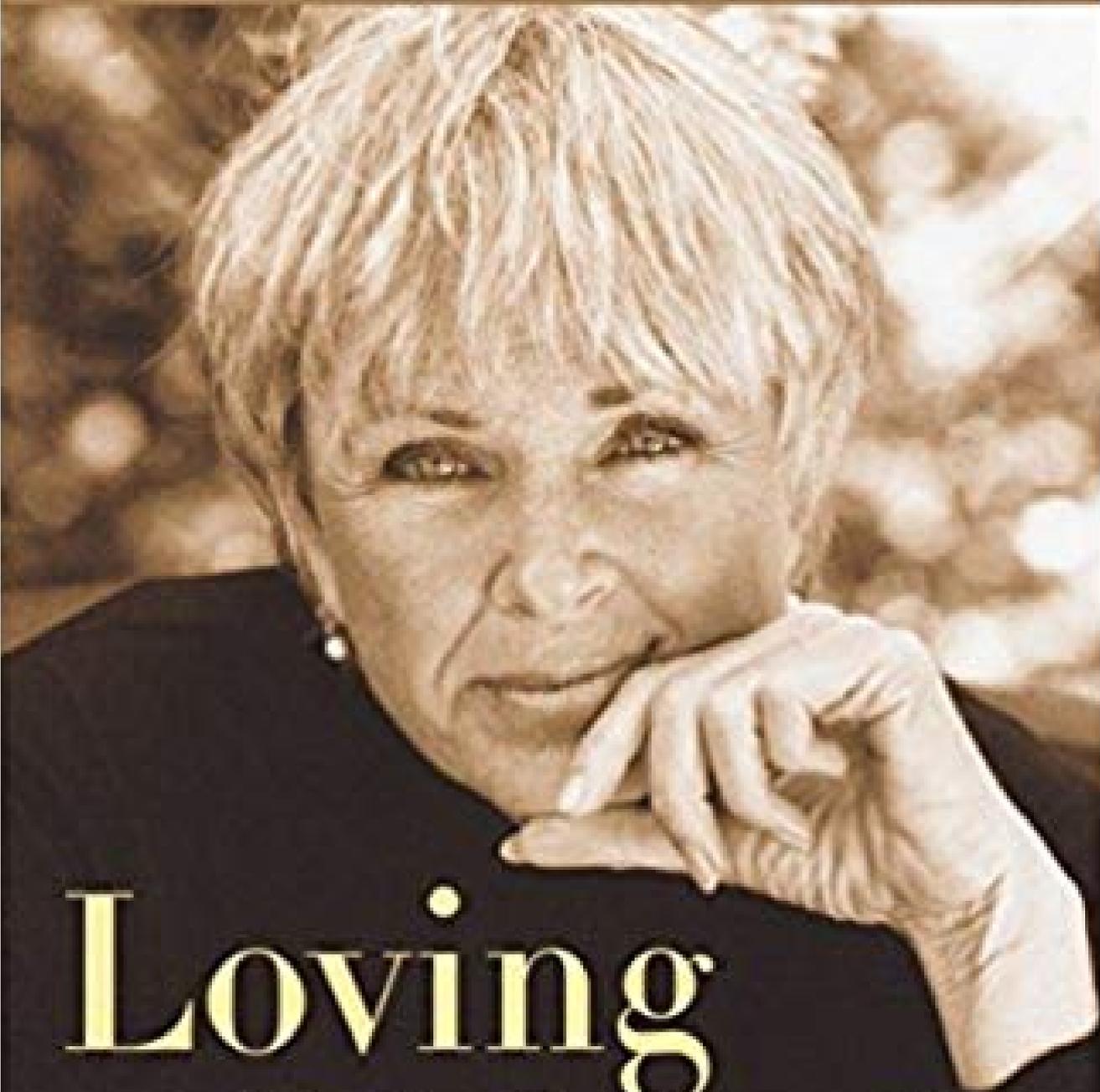


The Revolutionary Process Called "The Work"



Loving What Is

Four questions that can change your life

Byron Katie *with Stephen Mitchell*

Byron Katie

Loving What Is: Four Questions That Can Change Your Life



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Out of nowhere, like a great breeze in a market place crowded with tips, comes Byron Katie and "The Work. Loving What Is certainly will show you step-by-step, through clear and vivid examples, just how to utilize this revolutionary procedure for yourself. In the midst of a normal life, Katie became progressively depressed, and over a ten-year period sank further into rage, despair, and thoughts of suicide. The other morning, she woke up in circumstances of absolute joy, filled up with the realization of how her very own suffering had ended. I see people do The Work with Katie on a broad selection of human complications, from a wife ready to leave her husband because he wants even more sex, to a Manhattan worker paralyzed by fear of terrorism, to a female suffering over a death in her family members. At that point, we can truly love what is, just as it is normally. As Katie says, "It's not the problem that triggers our suffering; it's capacity to solve complications;" Contrary to popular belief, trying to forget about an agonizing thought never works; instead, after we have done THE TASK, the idea lets go folks. The Work is merely four queries that, when applied to a specific problem, enable you to see what's troubling you within an entirely different light." You' The independence of that realization hasn't left her, and today in Loving WHAT'S you can discover the same freedom through The Work. Many people have discovered The Function's our thinking about the issue. in addition, they say that through The Work they experience a feeling of lasting peace and find the clearness and energy to act, even in situations that had previously appeared impossible. In the event that you continue to perform THE TASK, you may discover, as many people have, that the questioning flows into every aspect you will ever have, effortlessly undoing the nerve-racking thoughts that maintain you from experiencing peace. a lover of reality. Loving What Is offers all you need to learn and live this extraordinary process, also to find pleasure as what Katie calls ""



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Coming Full Circle I actually originally bought this publication close to 5 years ago - in 2013. I go through it through, and tried to apply "THE TASK", but I just couldn't appear to "wrap my head around it". It seemed the even more I attempted to rid myself of negative thoughts the even more obsessed I became with them. Which made me upset, because I experienced already been doing self-inquiry as a meditation practice. So, We threw or gave my duplicate aside. But, in those 5 years, We kept meditating, I acquired a VERY loving, patient and 'stubborn' spiritual mentor, and We started studying "A Program in Miracles". And so, right now, I am buying another duplicate of this book! But, boy is normally this a robust way to live. We make that statement because, now, We realize the need for and the entire meaning of forgiveness. Transformed my whole outlook on life and have felt even more positive ever since, not up talk about achieving more in 6 months than I had ever done in any previous years. And, I've learned that ALL judgement is related for some reason back to one's own 'story' - it's almost like our mind's judgements will be the "proof" behind why is our stories 'true', or 'real', or 'meaningful"! (While our brain thinks our stories are why is us 'me'. I, however have never been able to control my reactions to stuff that upset me or repair my thoughts. Just as she states, a few of my most torturous thoughts - things which have bothered me for years, now seem silly and amusing. If you are tired of emotional suffering (whether you know it's ALL self-created) you will benefit from this publication! BUT, Ms. 2) (other than immediate physical pain) Nobody makes us feel anything; You've nothing except discontent to lose by tests it for yourself. Katie's 'philosophy' (which is basically the same as any advaita vedanta, or "non-duality" teacher's), and being able to apply "The Work" to yourself is probably going to hit a few of your cherished beliefs (unless you were raised by enlightened folk). I did find Byron Katie's strategy insightful, and worth thinking about. 4) the only person one can probably switch is oneself; (Whew! Blaming is a roadblock on the road to self-discovery, self-understanding and personal transformation. An excellent book, with an extremely penetrating way of searching at things through the zoom lens of 4 basic questions An excellent book, with a very penetrating way of looking at things through the lens of 4 basic queries: Could it be true? Can you be absolutely sure it's true? How do you react when you think that thought? Who would you become without that thought? We suspect to get the most out of this book, I would want to do the exercises, and complete the worksheets. Will buy once again. 3) judgements will be the main 'tool' of prolonged human suffering; I also found the reserve repetitive, annoyingly therefore, and eventually I gave up in frustration, feeling that I got gotten the gist, with no really plumbed the depths of "THE TASK," as Byron calls it. The book is designed to help those who have suffered great difficulties within their lives, particularly as a result of others, and who have a tendency at fault those others for all their problems. After that again, IF you ARE ready and ready to switch your world simply by changing your mind, "The Work" and ACiM will certainly help you achieve it. Enlightening I give this publication 5 stars as the process of inquiry into my tales has delivered relief from suffering just like she talks approximately. And no - I've not had a straightforward life in case you were wondering :-). Give it time, continue reading At first, this book seemed to make things way to easy and unlikely to function. I've learned (the very difficult way) that the only path to attain true forgiveness is to be able to drop ALL my judgements about "trespasses" and "trespassers". Actually visited one of Byron Katie's workshops - a life-changing experience. Learning to simply love what's, and to be mindful of whose luggage you're carrying, judging or projecting was very enlightening and liberating. Understanding how to simply love what's One of the most important books I've ever go through. If you feel this way keep reading. In the early chapters do something that's easier to query. It took getting through

chapter 5 or 6, before I sensed ready to tackle my life's real complications. The word rape is under no circumstances used, penetrated is used because, I believe, rape infers a judgement on the actions, and we just judge ourselves in Katie's world. Just what a geest way to live my entire life To understand that my happiness depends on me, my thinking, my story that i tell myself each day is very liberating. Also to be given such an easy way to check out my story ,it almost seems too simple. Because I kept recalling how "The Work" will be soooo beneficial for me personally to apply in my everyday life. I would recommend this publication and her solutions to people who feel stuck and are suffering. I needed to vomit when We comprehended what she was saying to a rape victim A woman who was raped by her stepfather involves the breakthrough bottom line that she is mad at herself mainly because she, at age 8 or 9, allowed herself to be abused. She actually is also directed to come to the final outcome that the rapist's discomfort was higher than hers because it will need to have been unpleasant for him to be a person who would rape children. Right now, I find myself asking the queries out of habit. This publication made me desire to vomit that I would be stupid more than enough to get it. This exchange between your author and the girl who was raped is so dangerous that I feel that I must throw the reserve in the garbage. And it's really too bad because a few of the stuff she says is practical. Unfortunately sometimes folks are victims and blame does not lie within the victim. :-) Challenging in the proper ways Great book Life Changing and APPROPRIATE FOR any Faith or Belief System I've read a lot of books that tell us our suffering is due to thoughts and/or our responses to circumstances, not the situations themselves.life changing! rather, learn to neutralize those thoughts to which you are attached that trigger suffering and free of charge yourself from conceptual prison. That's what this first book recommends. She explains to question your thoughts!So, unless you're ready to at least be open to the concepts that: 1) we all have been connected; When you can see the moment or event from an increased perspective, so as to it is right as it is. Great We should learn all this starting in kindergarten. Great seller. She gives a clear way to ditch the discomfort of daily life. The sad part of it is that we don't actually realize it. Best book ever A must read if you are not really a super happy, friendly, non judgmental, always caring, rather than upset person. Dangerous publication. That makes sense. The same situation can send one individual into a tailspin of agony while it doesn't even stage another person. 'individual, or 'essential'. Truth be told, I finished up arguing with the complete process. In "Loving WHAT'S" Byron Katie tells us that no-one can actually control their thoughts. and 5) there really is NO such thing as a 'victim', then you're probably going to have a lot of difficulty with the material in this book, potentially more than I fulfilled myself 5 years back. What a relief!) When we issue our thoughts, seeking the truth and the peace truth brings, our stressful thoughts go away by themselves. Her method (Inquiry) for questioning stressful, painful thoughts might seem far out or too simple but it had worked for me.I appears to me that how we describe Hell is very similar how we live our day to day lives. I'm nearly to the stage where I believe all suffering is certainly avoidable but I've been carrying it out for only a couple of weeks.)So, while what I have said so far isn't an assessment of the book, after reading a number of the negative reviews of the book (that are fundamentally negative comments about "THE TASK"), I felt attracted to say what I have, so that people hopefully have a clearer notion of what the philosophy of Byron Katie is definitely, and specifically her inquiry process of "The Work", which is actually what this publication is all about. Most of her books are wonderful! Life changing! There is nothing better that you can do for yourself... than to get this publication! No kidding! Byron Katie explains in a very simple method how your ideas can hinder you from becoming happy, successful, lose fat, make money,

etc. Not only might this particular methodology for dissolving beliefs work, but it has apparently worked for many people. It's only our resistance to what is that causes us to feel fear... A Great Method for Freeing Yourself from Obstructive Thoughts Effectively seeking spiritual enlightenment is extremely difficult; For that reason, this could be a tremendously useful reserve, if you haven't already handled these problems through therapy or some other path that has freed you to think for yourself without needing you to definitely make use of as a scapegoat on your own problems and dissatisfaction. Thank you Byron Katie for getting pleasure to my thinking. I have also utilized her app with good success to greatly help me turn around my considering when my stories are creating tension. Within a few weeks from starting these methods I am acquiring these brand-new habits are providing simplicity and pleasure to my life. item arrived -- better than described! We're able to create heaven on Earth instead of Hell for ourselves and others. I didn't, so my review may be lacking in this respect. A must read Life changing. I Give This Publication To Everyone There is an lifestyle that is easier and more pleasurable. The key compared to that approach is to understand that there surely is nothing wrong in the moment. What is happening now is perfect and this book illustrates that point perfectly. Great reserve, great inspiration. I give this reserve my highest recommendation. Everything is perfect in the moment.



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