

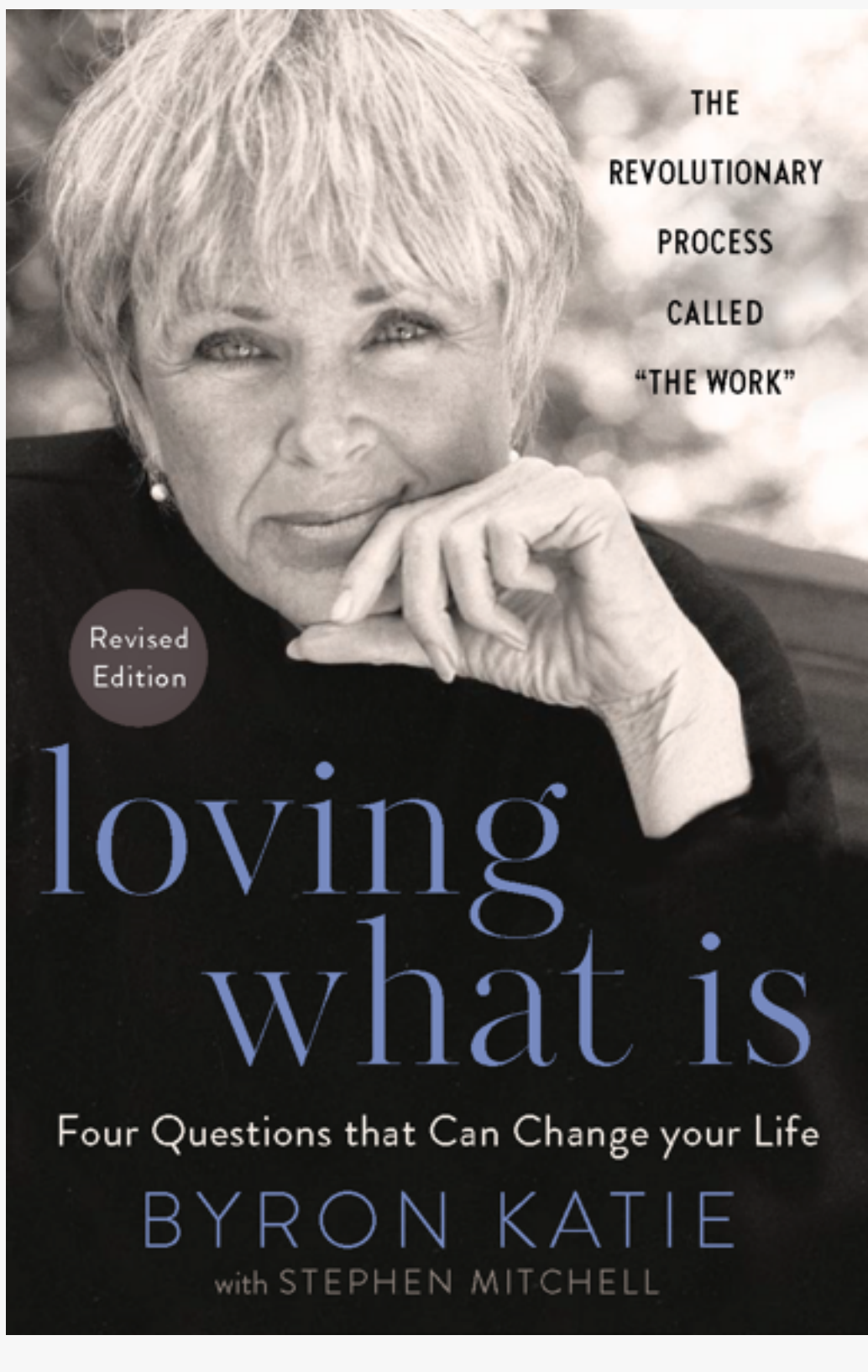


Meet Your Internal Wisdom

The Work is meditation. It is a method of inquiry born directly out of Byron Katie’s experience. This practice allows you to access the wisdom that always exists within you.

Upcoming Events with Byron Katie

At Home with BK A Zoom Event	MONDAY-WEDNESDAY 9 a.m.–10 a.m. Pacific Time	Register
"The World Is Out of Order" LIVE with Byron Katie A Zoom Event	SATURDAY April 30, 2022 8–10 a.m. Pacific Time	Register
Greater Festival Hosted by Greater Cologne, Germany	KATIE WILL BE SPEAKING ON Friday, July 29, 2022	Register
Radical Wisdom Hosted by Omega A Livestream Event	FRIDAY Sept. 16, 2022 8–10 P.M. Eastern Time	Register
Radical Wisdom Hosted by Omega Rhinebeck, NY	FRIDAY–SUNDAY Sept. 16–18, 2022	Register



BUY NOW

REVISED EDITION

Loving What Is

In 2003, Byron Katie first introduced the world to The Work with the publication of *Loving What Is*. Nearly twenty years later, *Loving What Is* continues to inspire people all over the world to do The Work; to listen to the answers they find inside themselves; and to open their minds to profound, spacious, and life-transforming insights. The Work is simply four questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light.



A Simple Yet Powerful Practice

As we do The Work of Byron Katie, not only do we remain alert to our stressful thoughts—the ones that cause all the anger, sadness, and frustration in our world—but we question them, and through that questioning the thoughts lose their power over us. Great spiritual texts describe the what—what it means to be free. The Work is the how. It shows you exactly how to identify and question any thought that would keep you from that freedom.

HOW TO DO THE WORK

The Practice

Every step of The Work is meditation. To begin, drop into stillness and observe what arises in the mind’s eye. Now, allow The Work to work you.

MORE DETAILED GUIDANCE

 NOTICE Who or what upsets, angers, or saddens you? Why? Recall a specific situation.	 WRITE Capture your stressful thoughts on a Worksheet using short, simple sentences.	 QUESTION Isolate and question one thought—allow authentic answers to arise.	 TURN IT AROUND Find opposites of the thought. Are they as true as or truer than the original thought?
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WITNESS THE WORK

Video Library

Videos offer a way to become familiar with The Work. As you watch, be still and tune in to a similar moment in your life. Notice what arises in your mind. It is possible to do your own Work as you witness other people’s Work. You may come to find that there are no new stressful thoughts.



No One Can Wrong Me
Introduction to Inquiry

Being Gay—A Journey into Self-Acceptance
Relationships

I Want Mom to be Happy
Parenting and Family

“Byron Katie’s Work is a great blessing for our planet. It acts like a razor-sharp sword that cuts through illusion and enables you to know for yourself the timeless essence of your being.”

ECKHART TOLLE



AN INVITATION TO INQUIRY

Welcome to The Work

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

— Byron Katie

Newsletter Sign-Up

FIRST NAME

EMAIL ADDRESS

R 2 T K P

SUBMIT

The Work

How to do The Work
FAQs
Certified Facilitators
Resources
Guided Meditation NEW
Downloads

Events

Events with Byron Katie
The School for The Work
Events with Facilitators

Byron Katie

Books
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Invitations

The Work Foundation

Please partner with us, in our ongoing commitment to end suffering, by donating to our scholarship program for the School for The Work. Your donations support us to cover on-site hotel and food expenses for scholarship recipients, while BKI grants their tuition.

DONATE HERE

CONTACT

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