

# “The Work” with Byron Katie



## Who is Byron Katie?

I personally love her healing method, which teaches us to question and challenge our thoughts and beliefs. It's what she calls doing “The Work.” I find myself using her turnaround method daily, especially with all the issues coming up and being triggered, both personally and also globally, where we are presented with so many opportunities for both our individual and collective healing. The Work is a

method I prefer to use in place of the old and archaic coping strategies that sadly tend to add to, rather than heal, life's cumulative pain.

Katie teaches that our triggers, activated by situations or others, are really disguised “mirrors” for us, that reflect back to us our own “shadows,” which point out our (often similar) unhealed pain. This often takes much courage, first to even see, and finally to be able to “sit with” (versus numbing and resisting) these unhealed wounds. Before we had access to these tools, we would get triggered and then act out their feelings in negative ways, or used other coping mechanisms to avoid facing them. None of this brings true and deep healing to our “earlier similar” pain or past trauma.

Since there's so much happening right now around the topic of RACISM AND PREJUDICE, you may be interested in seeing this VERY POWERFUL and TRANSFORMATIVE video and witnessing The Work in action. See Katie work with a very distraught black woman named Hitaji, who learns how to challenge her lifetime of hurtful thoughts, beliefs and projections by going “from mind to heart.” (See the sidebar to get to the [YouTube](#) link.)

There may always be human-to-human victims and victimizers whatever the division, be it racial, political, gender, or anything else. Sadly, there may always be those who (often unconsciously), enable or defend these hurtful behaviors—especially when these behaviors

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have been recycled for decades. These behaviors (and our reactions to them), are actually reflecting and pointing out to us our own unhealed pain, which, confusingly, can even be modeled in the guise of helping one another. This is like the father who tries to motivate his daughter to lose weight by fat shaming her, with the belief that he is actually protecting her from being bullied later in life, perhaps just like he was—and the list goes on. (Hitaji talks about similar situations that happened with both her father and her sons in this video.)

At some point, we all need to wake up to these old, outdated, and sabotaging

## OVERCOMING RACIAL PREJUDICE



With the help of Byron Katie, Hitaji learns about the origins of hatred and prejudice in her own life and comes to terms with them. Her onstage therapy sessions continue at The School for The Work, in Ojai, CA. Don't miss this moving experience of healing. On [YouTube](#), search for “Byron Katie on Racism & Prejudice.”

Katie describes her own 1986 epiphany that started The Work: *“I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never disappeared, not for a single moment.”* ■

Hitaji



*Great service to people, with humor as well! 🌻🌴  
You're such a beautiful spirit in this world. Thanks  
for sharing. I feel blessed to know you. 💖"*

*"Very deep soul work indeed that touches the  
very heart of the matter... It all comes down to  
those core beliefs and the emotions wrapped  
around them! Thank you so much for sharing  
this very timely message."*

**I**t's often necessary to have a guide, especially when we are unable to see our part in perpetuating life's pain (called a blind spot). This method enables the doer to take full and total accountability, regardless of who or what is triggering them. It prevents the doer from falling back into victimhood and then adding to, versus *healing* from, so much stored-up life pain.

Also, when we truly do The Work, and feel how difficult this process can be, as this video heroically demonstrates, there can be more empathy and compassion, in place of what were previously our hurtful judgments and projections. Katie is a strong proponent of using the Hawaiian *Ho'oponopono* method of "correcting a mistake" and "making it right." Once the doer has come to a realization, they simply say: *"I'm sorry. Please forgive me. Thank you. I love you."*

Another reason I love Katie's method is because it's FREE! Find Byron Katie on Facebook, and visit her website, where her worksheets are located, to do this work for free at: [TheWork.com](http://TheWork.com).

Here is a simplified *YouTube* link outlining the process of how to do the The Work: [YouTu.be/W5DI0xBY3Ss](https://youtu.be/W5DI0xBY3Ss). ■

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coping strategies, and take full responsibility for how we have all (unconsciously or otherwise) perpetuated these hurtful behaviors that have contributed to the many racial issues and other contagions in our society.

For those of you who are saying, "The buck stops here!" and are truly interested in your individual and our collective healing and awakening, I again invite you to see what this courageous Work looks like by watching Hitaji's journey of healing. Once you watch this, you may be inspired to share it with others, as I have. Here are some reactions from a couple of friends after watching:

*"Yeah... it tore into my heart in places.. and yeah, I cried. It felt like a renewal in places. I'm sure it awakened some of my own buried projections... I am so grateful you sent it along!"*

*"Thank you for sharing this with me! What an amazing, inspiring lady is Byron Katie! I awoke at midnight last night and watched several of her workshops on YouTube until just after 2 a.m.*

*O, let America be America again.  
The land that never has been yet,  
and yet must be.  
The land where every man is free.*

—Langston Hughes

**E**mmanuel Acho, former NFL linebacker and current ESPN analyst, sits down to have an "uncomfortable conversation" with white America, in order to educate and inform on racism, social injustice, rioting, and the hurt African Americans are feeling today.

Emmanuel answers common questions asked of him, such as:

- *Why do you think white privilege exists?*
- *Why "Black Lives Matter" and not ALL lives matter?*
- *How come black people can use the N word, but white people can't?*
- *How can we help you?  
How can we stand with you?* ■



Search on *YouTube* for: **"Uncomfortable Conversations with a Black Man."** Also watch Episode 2, released on June 9th.