

# 'Create Your Life' Newsletter



## "The Work"

[www.turnyourlifearound.com.au](http://www.turnyourlifearound.com.au)

Byron Katie created 'The Work' which is a simple yet powerful process of inquiry, that teaches you to question and identify thoughts that cause you suffering. It's a way of understanding what's hurting you and to address your problems with clarity. It requires nothing more than pen and paper and an open mind.

Let's say your mantra (continual thought) is: "**He doesn't love me**".

Now ask yourself **IS IT TRUE?** Consider the answer.

Then ask yourself **IS IT TRUE, CAN YOU ABSOLUTELY KNOW THAT IT'S TRUE?** This question brings some doubt into our minds about whether what we are thinking really is true. You realise you're doing the thinking for another person, I can't know what goes on in another person's mind.

Now ask yourself **HOW DO YOU REACT WHEN YOU THINK THAT THOUGHT?** Look at the emotions, how your heart races, the pain in your body, break out in a sweat.

*For example, he doesn't care about me. He brings me flowers and I'm sarcastic internally and then I'm cold as he hands me the flowers like, "yeah sure, you're trying to get on my good side, you think this is gonna buy me affection? How do I react when I think the thought that he does not care about me or we wake up in the morning and he says good morning darling, and I think he can afford to be happy, he doesn't have my life.*

It's the mind always proving that what it believes is true, he doesn't care about me. How do I react when I think that thought?

Finally, ask yourself **WHO WOULD I BE WITHOUT THAT THOUGHT?** Without my story? Who would I be if I didn't believe that? Who or what would I be without that thought?

When our minds are at peace, it's the end of the chaos.

When you become conscious of what you've been believing unconsciously, doing it with awareness and without your story, it's just clear how to move on, where to move to. It's not life that is a problem, it's our stories about life.



Open up your HEART

**Listen to Kati on Radio this coming Monday morning  
22nd June at 9am**

**COFFEE CHAT  
on 88.3 Southern FM  
[www.southernfm.com.au](http://www.southernfm.com.au)**



Attend a Heal Your Life  
Workshop/Study Group

Next 2 Day Workshop:

18th and 25th July 2009  
in Bentleigh

These workshops are based on the philosophies of Louise L. Hay, metaphysical teacher & international best seller.

### Services:

- Life Coaching
- NLP
- Heal Your Life Workshops & Study Groups

Try these **daily** affirmations:

**"Each day brings wonderful new surprises"**

**"Every experience is a success"**

**"Life is eternal and filled with joy. I look forward to every moment!"**