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About Byron Katie The Work

Byron Katie became severely depressed in her early thirties. For almost a decade she spiraled down into rage, self-loathing, and constant thoughts of suicide. For the last two years she was often unable to leave her bedroom. Then one morning in February 1986, she experienced a life-changing realization.

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Byron Katie Wikipedia

Byron Kathleen Mitchell, better known as Byron Katie (born December 6, 1942) is an American speaker and author who teaches a method of self-inquiry known as "The Work of Byron Katie" or simply as "The Work".

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Blog for The Work of Byron Katie

Byron Katie invites you to this walk, here with your eyes closed, or as you walk in the world. It's a silent meditation. It's about noticing. It's so lovely to just walk and not know, Katie says, and let the world tell you what it is rather than you telling each object. Just listen, be still, and let everything name itself, or not.

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Loving What Is Experience Life

Byron Katie is fond of saying that she doesn't like to suffer, so she doesn't argue with reality. I realized that it's insane to oppose it, she

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