

# **COMMUNE - The Work of Byron Katie**

## **Are you arguing with what is?**

When the mind is perfectly clear, “what is” is what we want. But, if you really want reality to be different than it is, you might as well try to teach a cat to bark, a bird to swim, or a fish to run. No matter your effort, arguing with the basic nature of reality is hopeless. If you pay attention, you’ll notice you indulge in thoughts like this all day: “People should be kinder.” “Children should behave.” “My spouse should agree with me.” “I should be thinner, prettier, and more successful.” These thoughts are ways of wanting reality to be different than it is, and they introduce pain into our lives. When we embrace and accept what is, we inevitably overflow with joy.

## **Inside The Work of Byron Katie**

### **Course Curriculum**

- **Day 1 – Intro to the Judge-Your-Neighbor Worksheet**
- **Day 2 – My Mother Terrifies Me**
- **Day 3 – I Want to Be Famous**
- **Day 4 – Intro to the One Belief at a Time Worksheet (Part 1)**
- **Day 4 – My Love Life is Dependent on My Weight (Part 2)**
- **Day 5 – My Mom Didn’t Fight for Me**
- **Day 6 – I Need More Money**
- **Day 7 – My Husband Doesn’t Want Me as a Business Partner**
- **Day 8 – I Don’t Trust I’ll Find Someone to Create a Life With**
- **Day 9 – He’s Trying to Control Me**
- **Day 10 – My Father Chooses Not to Show Up for My Family**