



Loving What Is: Four Questions That Can Change Your Life

Book Summary by Frumi Rachel Barr, MBA, PhD

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Foreword by: Stephen Mitchell

Author bio and credits: Byron Katie experienced what she calls “waking up to reality” in 1986, and since then she has introduced The Work to hundreds of thousands of people throughout the world. In addition to her public events, she has introduced the Work into business settings, universities, schools, churches, prisons, and hospitals.

Noteworthy info regarding contents and chapter titles:

Following the introduction to The Work and how to enter and deepen dialogues, The chapters are devoted to doing The Work on different topics or in different situations. They include:

Doing The Work on couples and family life

Doing The Work on work and money

Doing The Work on self-judgments

Doing The Work with children

Doing The Work on underlying beliefs

Doing The Work on any thought or situation

Doing The Work on body and addictions

And making friends with the worst that can happen.

Author's Big Thought:

Simply by asking four questions and listening to the answers they found inside themselves, people were opening their minds to profound, spacious, and lie-transforming insights. They all began by realizing a fact so basic that it is usually invisible the fact that in the words of the Greek philosopher Epictetus, “ we are disturbed not by what happens to us, but by our thoughts about what happens to us”. As the thinking changes, the problems disappear.

The way to end our stress is to investigate the thinking that lies behind it, and anyone can do this with a piece of paper and a pen. Through this process of inquiry) we discover that all the concepts and judgments that we believe or take for granted are distortions of things as they really are.

The Inquiry Process:

Begin with writing the thoughts that need to be processed. Write them with as much anger as possible. Following each question are additional ones to deepen the inquiry.

Question 1: Is it true? If your answer is yes:

What's the reality of it? Whose Business is it?

Question 2: Can you absolutely know that it's true?

When you think that it's true add "and it means that _____"

What do you think you would have if reality were fully cooperating with you?

What's the worst that can happen to you?

What's the should?

Where's your proof? Use each proof of truth statement using all four questions and the turnaround.

Question 3: How do you react when you think that thought?

Can you see a reason to drop the thought? (And please don't drop it.)

Can you find one stress-free reason to keep the thought?

Question 4: Who would you be without the thought?

The turnaround

This is a very powerful part of The Work. It's the part where you take what you have written of others and see if it's true or truer when it applies to you. Inquiry combined with the turnaround is the fast track to self-realization.

There are three types of turnaround. A judgment can be turned around to yourself, to the other person, and to the opposite.

e.g. "Paul should appreciate me".

1. I should appreciate myself. (It's my job not his).
2. I should appreciate Paul (especially when he doesn't appreciate me)
3. Paul shouldn't appreciate me (unless he does).

The turnarounds bring powerful new awareness. Self-realization is not complete until it lives in action – live the turnarounds – make amends etc.

Reviewer's recommendation: Excellent thinking process. Worth practicing.

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About the reviewer: Frumi Rachel Barr, MBA, PhD

Many CEO's find themselves asking "What now?" to sensitive situations that only an experienced former CEO can understand. Frumi is brought in to solve problems and often remains to work with you, as your confidante and secret weapon. She has an uncanny knack of getting to the heart of your corporate climate and maximizing your team's performance, profitability and sustainability.

To schedule a free *Break From the Pack to Success* consultation email
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