

THE WORK OF BYRON KATIE:

The Value of Our Judgements

Anne Haug, Facilitator of The Work

**“Judge your neighbor. Write it down.
Ask four questions. Turn it around.” —Byron Katie**

Why would we judge our neighbor? We’ve been taught for thousands of years that it is wrong to judge our neighbor. Yet it is the nature of the mind to judge. Notice your thoughts—or rather notice the thoughts that pass through your mind—and learn to disidentify ownership of them. Learning to witness thoughts without identification becomes more natural through practice in The Work.

All War Belongs on Paper

Katie says that all war belongs on paper. When we question the stressful thoughts that we’ve written down on a Judge-Your-Neighbor Worksheet (JYNW), we notice that the internal war diminishes. We’re able to see a bigger picture in the situation we’re judging. This doesn’t mean we’re in denial about the situation, but we are able to see our part in it—and that is where the power lies. When we correct our own behavior, and allow the other person’s behavior to be their own business, the entire relationship shifts. Please don’t believe me. Test it for yourself—The Work has to be experienced. It really comes down to whether you’d rather be right or you’d rather be free. It is humbling and at the same time liberating to live this way. It is the beginning of peace, and peace in the world depends upon the individual finding inner peace.

Why can we not just judge ourselves? That’s a very good question. The truth is that it’s very hard to see ourselves clearly. And in fact, our minds are so powerful that we actually project our world to mirror for us what we’re thinking and believing that we otherwise cannot see about ourselves. This self-created world is for the ultimate purpose of waking up to Reality, the all-pervading kindness that is ever present when we’re open to it through shifting our behavior and consciousness. Then everyone becomes our teacher!

We come to find that the person we judge (even if just in our mind) is a mirror to show us where our work is. We take each sentence from our Worksheet and put it up against the four questions and turn-arounds of The Work. If you have access to a comput-



er and printer, I encourage you to download the JYNW from TheWork.com, and watch the video where Katie takes you step by step in filling out a JYNW).

Judge-Your-Neighbor Worksheet

The first statement on the Worksheet is:

1. In this situation, time, and location, who angers, confuses, or disappoints you and why?

I am (emotion) _____ *with (name)* _____
_____ *because* _____.

The Work is meditation. It requires stillness and introspection to honestly complete the worksheet. I encourage you to keep the sentences short and simple. You will see why once you take each statement to inquiry. Here are the rest of the statements that comprise the JYNW:

2. In this situation, how do you want them to change? What do you want them to do?

I want (same person) _____ *to* _____.

3. In this situation, what advice would you offer to them?

_____ *should/shouldn't* _____.

4. In order for you to be happy in this situation, what do you need from them?

I need _____ *to* _____.

5. What do you think of them in this situation? Make a list:
 _____ is _____
 _____.
6. What is it in or about this situation that you don't ever want to experience again?
I don't ever want _____
 _____.

We discover that what we're wanting and needing from others and the advice we would offer them, we can give to ourselves. And we come to realize that that is our prescription for happiness. That doesn't mean we don't still have our relationships. We do, but they become based on love, rather than neediness. I've noticed in my own life that my relationships are lighter and freer when I question my stressful thoughts.

The Turnarounds of The Work

For each statement on the JYNW, apply the four questions and each turnaround that works for that sentence. At the bottom of the JYNW, the four questions are listed on the left and the turnarounds are listed on the right. For example, the statement, *He doesn't listen to me*, turns around (a) to the self, *I don't listen to me*; (b) to the other, *I don't listen to him*; and (c) to the opposite, *He does listen to me*. Find three genuine, specific examples of how each turnaround is true for you in this situation.

Again, this is powerful meditation and it requires deep concentration. And in my experience, the rewards are well worth the effort as we take more accountability for our part in any situation. I referred to the three kinds of business in the first article and how when we are out of our own business we suffer. The turnarounds show us how to stay in our own business and they give us the advice we need in order to free ourselves.

Checkmate for the Ego

The Work reveals how we justify, defend, blame and manipulate in hopes of getting what we think we want and need. This is how the ego operates and this is also where it's very important to be gentle with ourselves—we can only love and have compassion for others as much as we can give that to ourselves. As we withdraw projections from others, we become empowered to give to ourselves what we want and need.

The Work requires courage to go deeply into our dysfunctional patterns and change our behavior. It's checkmate for the ego and liberating for the true Self. I love The Work because it places full responsibility on me and gives me the consistent tools I need to keep peeling away those layers of stressful thoughts and beliefs.

Doing The Work on Family

The most powerful Work is done on family members—those with whom you live and have lived. It's very interesting to discover that all the other judgments we make (on those currently in our life) stem from unresolved beliefs from our childhood. We keep projecting variations on the theme of that early scenario until we're ready to forgive and learn what we are meant to learn. Katie says the people we live with are

our gurus because they show us everything we don't want to see about ourselves.

The Work can also be done on God and that is very interesting. I've also done The Work on the body, money and creativity—to name a few—and subconscious beliefs I've carried with me on those subjects have loosened up. You can do The Work again and again on one person or subject as there are often many layers to be peeled away. Once again, it's very important to be gentle with ourselves. We don't want to be overwhelmed by bringing up more than we can assimilate and integrate. Life is the teacher and we can take our time and be kind to ourselves. There is a natural rhythm to unwinding these old patterns and life will always show us where our Work is.

After you've worked a JYNW, if you have questions you'd like me to address about The Work, please email me at anne@kindreality.com and I will respond to them in the next article. ■

This is the 2nd article in this series. You can read the first part, an introduction to The Work, in the March/April issue in the Archives at NaturalLifeNews.com. To contact Anne, see her ad below.

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