



Loving What Is

Four questions that can change your life

by Byron Katie

Three Rivers Press © 2003

352 pages

The Big Ideas

Don't Argue with Reality

You'll lose. But only 100%.

Whose Business

Are you in?

Alarm Clocks

Set a compassionate one.

Your Projector's Lens

And lint.

Inquiry/The Work

4 Questions + Turnaround.

Believing Lies

How would you be if...

Every Story's Theme

Should should should.

One Prayer

Spare me, please!

Insanity

Shoulding again?

Carpenter's Level

Where's the bubble?

Stock Market

Invest in yourself.

Doing Dishes

What's the next thing?

Nothing Goes Wrong

Ever. Embrace that.

"The only time we suffer is when we believe a thought that argues with what is. When the mind is perfectly clear, what is is what we want."

~ Byron Katie from *Loving What Is*

THAT, in a nutshell, is the book.

If you want to argue with what is, you will suffer. Period. In fact, "If you want reality to be different than what it is, you might as well try to teach a cat to bark." :)

The question, of course, is "How can we get to a point where we actually 'love what is?'"

Enter: The Work.

Let's start with Rule #1:

■ Don't Argue with Reality

"I realized that it's insane to oppose it. When I argue with reality, I lose—but only 100% of the time."

Guess what?

What's happening is happening and no amount of wishing on your end is going to make it any different in that moment. So, why not take a deep breath and reflect on the following: "How do I know that the wind should blow? It's blowing!"

DO NOT argue with reality. You'll lose. But only 100% of the time. :)

■ Whose Business Are You In?

"I can find only three kinds of business in the universe: mine, yours and God's. Much of our stress comes from mentally living out of our business."

That's brilliant. Think about that. There are really only three kinds of business, eh? Mine, yours, and God's. I love that.

Katie stresses the fact (yes, it's a fact) that our stress arises when we get out of our own business and into someone else's or into God's business.

"God's" business: Why would we think we should be able to control an earthquake or a