

Healing Choices/ Diane MacKinnon, MD, ACC/ 603-577-1981

Hello!

I hope this April finds you well and enjoying this season of rebirth and renewal. The bulbs I planted in the fall have bloomed spectacularly and I have been running out to my front garden every morning to see what's new since I last looked. I never really "got" gardening before, but now I'm hooked!

Spring is a time for growth and I would love to help you grow into your right life this season. If you are ready to get started, let me know!

Warmly,
Diane

Byron Katie's "The Work"

Byron Katie is the author of the book *Loving What Is*, among others. She uses a series of questions that she collectively calls The Work.

You can do The Work on any thought that causes you suffering. In order to show how the process works, let's walk through it together with a thought that often causes me suffering:

"I won't do a good job."

The questions are as follows:

1. Is it true? **Sometimes, I think it's true.**
2. Can you absolutely know that it's true? **No.**
3. Who would you be without the thought? **I'd be happier. I'd do what I could in any situation, rather than worrying and holding back in case I screw up.**
4. Can you think of a *stress-free* reason to keep the thought? **No.**

Then she does a "turn-around." Rewrite the statement in opposite ways until you find a statement that feels just as true or truer than the original statement.

~~"I won't do a crappy job."~~

"I will do a good job."



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Healing Choices

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***"If you're being
dragged, let go
of the leash!"***

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up an appt.

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Now list 3 reasons that the turn-around is as true or truer than the original statement.

1. I am a competent person.
2. I have many skills.
3. I am a good learner.

That's it. You don't have to disbelieve your original thought, you just have to question it. Opening your mind to the possibility that your thought may not be true can relieve much of the suffering associated with any particular thought.

This is a pretty quick run-through of the work, but I hope you find it helpful. If you go to www.thework.com, you can click on video clips of Byron Katie doing the work with others. Her love and compassion for others shines in each of the videos as she helps people question thoughts that have caused them great suffering.

If you'd like to see Byron Katie in person and you are in the New England area, she's going to be doing a workshop at Kripalu (www.kripalu.org) the last weekend in May. She also has a school and does many other workshops at other locations in the US and all over the world. You can find out more on her Events page on her website.