

# Peace & Happiness . . . No Waiting

“The Work” is a means or method that clears the mind of limited thinking and helps you find, within yourself, everything you really need. It is a way of questioning your thoughts: the beliefs and judgments that stand in the way of your being content with the world, just as it is - no more needing people or circumstances to change in order for you to be happy. The process clearly demonstrates how asking four simple questions can change your life.

*“A thought is harmless unless we believe it. It is not our thoughts but the attachment to our thoughts that causes suffering. Attaching to a thought means believing that it’s true, without inquiring. A belief is a thought that we’ve been attaching to, often for years.*

*Most people think that they are what their thoughts tell them they are . . . Do you wake up in the morning and say to yourself, ‘I think I won’t think today?’ It’s too late: You’re already thinking! Thoughts just appear. They come out of nothing and go back to nothing, like clouds moving across the empty sky. They come to pass, not to stay. There is no harm in them until we attach to them as if they were true.”*

~ Byron Katie

## Four Questions and a Turnaround

Think a stressful thought, then ask:

1. Is it true?
2. Can you absolutely know it’s true?
3. How do you react when you think that thought?
4. Who would you be without the thought?

Read the stressful thought as its opposite and find examples of where its true.

### Example:

Stressful thought: **He’s unfair.**

1. Is it true that **He’s unfair**?  
Yes No
2. Can you absolutely know it’s true that **He’s unfair**?  
Yes No I don’t know
3. How do you react when you think the thought that **He’s unfair**?  
**Stressed, pitiful, powerless, unfairly, chest hurts, blaming,...**
4. Who would you be without the thought that **He’s unfair**?  
**Calm, open, productive, kind,...**

What is the opposite of “He’s unfair”?  
**He’s fair. (or) He’s not unfair.**

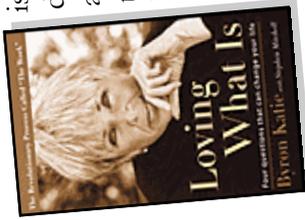
Examples:

**He bought my dinner.**  
**He’s kind to animals.**



**Have you put your happiness on hold, waiting for something or somebody to change so you can be happy?**

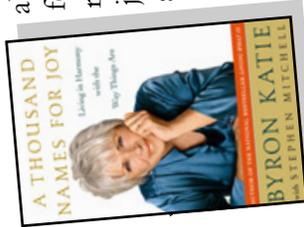
**The Work has helped** people all over the world experience breakthroughs with issues such as sex, relationships, death, the body, family, work and money. Martha loves how the excavation of the mind can be interesting and exciting now instead of backbreaking, painstaking, or dreadful.



**It is truly awesome** -- in the same workshop -- to witness the deep work by those who are "new" and those who are practicing the Work.



**For thousands of years** we've been told not to judge, but we still do it all the time — how our friends should act, whom our children should care about, what our parents should feel, do, or say. In *The Work*, rather than suppress these judgments, we use them as starting points for self-realization. This work is my daily practice and is my living example of peace expressing through any/all difficulties of life. The only suffering is an unquestioned mind. Peace is possible now.



**Martha facilitates** workshops, weekend intensives, teleclasses and individual coaching.

*“You can’t have an up without a down. A left without a right. This is duality. If you have a problem, you must already have the solution. The question is, Do you really want to know the solution, or do you want to perpetuate the problem? The solution is always there.”*

~ Byron Katie  
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Martha Creek is an ordained minister, transition consultant, peace worker and coach. She is trained as a facilitator through the Byron Katie International School for *The Work*. Martha leads workshops around the country.

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**PEACE OR PAIN? YOU DECIDE! NO MORE WAITING!**

# Loving What Is “The Work” of Byron Katie

Facilitated by  
Martha Creek



**“Peace or Pain - How do you want to live your life? There is a better way.”**  
~ Martha Creek