

## Byron Katie & Janaki

This story reads like a journal and to get the full gist of it,  
you may want to read the chapters in sequence.

I am fully open to feedback and comments, which you can send to me at

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## **A Work in Progress**

### **Introduction – chapter 01**

I worked for Byron Katie for about 12 years. The larger part of those years as a volunteer, and some years as a paid employee. When Katie started the Certification Program in 2008, I was among the first 20 certified people who were placed on the website. In May 2008 I noticed that my name and profile were taken off of the facilitators website, initially without notification or explanation. As I discovered later, Katie had already removed my name a month before I discovered it myself. Many people want to know why. I receive a lot of questions about this through email, phone calls and during my workshops. The answer to those questions is not easily given, as the story is quite complex and goes back so many years. That is why I decided to write it down and publish it.

For 8 of those 12 years, I built my company, The Working Company, based on The Work. I always had Katie's full support in this. My training program, The Working Coach, became quite successful throughout Europe, and sharing The Work with people became a full time job. When Katie removed my name from her website, the enrollment for my workshops dropped with 85%, almost overnight, and thus my income.

I am involved in an interesting process, to say the least. Part of this process is how it heals itself, and that is through the telling of this story. The story reads like a journal. It starts with my first meeting with Byron Katie and travels through some of my experiences with her over 12 years.

My life's story is about Gurus. The first two were traditional Indian, the third one contemporary western.

The story with Byron Katie began in the spring of 1996 and lasted until the spring of 2008.

***“Every human being has a built in capacity for self healing.***

***The healing is in the sharing” - Ken Keyes***

***“The truth sets you free” - Byron Katie***

### **Meeting Katie – chapter 02**

Katie and I have a very close friend in common. My friend and I were both part of Baba Muktananda's staff in the late 70's and early 80's. After Muktananda died in 1982, I went back to Holland and my friend and I stayed in regular touch with each other.

In 1995 he told me the story of a woman he had heard about. He told me that she was from a desert town in California, and once when she was sleeping on the floor of an attic room, a cockroach crawled over her foot. When she woke up, she was everything and nothing at the same time. He told me that it reminded him of the state described in Kashmir Shaivism, that Baba always used to talk about.

I remember him telling me this story, and that I failed to see the point of the cockroach.

About a year later I was on the phone with him again. He asked if I remembered him telling me about the lady with the cockroach. He told me that she was in Amsterdam, right as we spoke. He said her name was Byron Katie and I should go and see her and take part in the workshop she was offering. I told him that I never went to workshops of any kind, that my Guru was enough for me, even after his death, and the only exception I had made to this rule was a workshop by my dear friend, Willem de Ridder. He kept insisting. When I asked him what happened in her workshops, he told me she would ask you to judge someone. It became even less appealing after his description, but I said that I could call her, and ask if she would be interested in doing a tv interview with Willem for a local television talk show.

So I called her on the phone. She sounded sweet. She said she would love to do the interview and asked if I would come the next day to play, and I agreed.

When I got to the house in Amsterdam, I found myself in someone's living room with about 20 people I didn't know and didn't want to know. I realized that I had come to the workshop after all. I was just coming out of a period of a severe depression, and socializing wasn't my strong point in those days. I was into Native American stuff. I made dream catchers, painted

medicine shields, practiced shamanic journeying and was dressed in full Native American attire: coats and boots with fringes, long hair with feathers, braids and beads and of course a hat.

I met Katie. She looked wonderful. Round face, lovely smile and of course those radiant blue eyes. I didn't know what to say to her. Before the program started we sat close to each other, there was a buzz going on in the room, as people were still coming in and getting their tea. Our eyes met and locked. Very slowly it appeared as if everything around me slowed down and then came to a full stop. Like in a movie, when they do a flash back of someone's dream. The noises faded into the background and the room started to fall away. Then everything else started to fall away, her face, her body, everything except the eyes. We stayed like that to what appeared a timeless moment, and it probably lasted for at least 15 minutes. Later on, when I read 'A cry in the desert', I found out that the eye-locking is something that frequently happened between Katie and people who visited her gatherings.

We got worksheets, and I filled one out. Didn't know what to write on, or how. I wrote on my throat, but it didn't feel like anything. Katie started to speak. She was saying things I had never heard before, and her words resonated deeply. She said, *'life is not about making money, or having a relationship... it is about finding truth'*. My world fell from underneath my feet. Of course, that's it! I had been struggling for so many years with precisely those things, and now I heard that they were not what my life was about. It felt like a huge turning point, and a great relief.

During lunch she asked me if I wanted to go for a walk, and so we did. We walked the streets of Amsterdam. Again, I didn't know what to say to her. In the distance a woman was approaching. She took my arm. *'Look'*, she said, *'look at her'*, as we walked towards her. *'Sometimes there is a gate'*. I looked and the woman didn't look back at us. We passed her. *'Ok'*, she said, *'this time there wasn't a gate'*.

My friend had told me that she loved to hear stories about Baba, so I told her about my life with him, about my love and devotion for him. He had told us that after his death we would never miss him, because he would merge with our hearts. And it felt true. But I told her how I had loved his physical form, and how I missed having that. She stopped and turned to me. Her face very close to mine. She looked into my eyes and put her hand on my cheek and she said: *'my thought is, I am here now'*.

A shock went through me. What was she saying? I didn't understand.

That afternoon in the workshop, Katie was speaking. I was sitting on the floor, staring at her beautiful face. I can't remember what she said, but I know I had never heard such words before. They were like a healing for my soul, which had felt in pain for as long as I can remember. At some moment tears were flowing down my cheeks. Katie noticed and said, *'What's the sound of it?'* Something stirred way down below, in the region of my toes, and

wanted to surface. I pushed it down. No way was I going to give in to this in a room full of strangers. She kept saying this a couple of times, *'what's the sound of it?'*, and I kept pushing it down. Then she straightened her back and said, *'I haven't been in her presence for a long time'*. All hell broke loose inside of me. In that moment Katie became Baba Muktananda incarnate, and I was back with my Guru. The floodgates opened and tears poured, it felt like they had been sitting there, waiting for this precise moment, for years and years. Along with the tears the sound came, it was a deep wailing and sobbing. It didn't come from my toes, it came from far beyond my toes. I fully let go. Along with the tears and the wailing, of course there was the spit and the snot that also poured out. I lost full control. It was as if in that moment a lot of pent up pain, sadness and rage came out.

### **The Guru – Chapter 03**

I was brought up in an Indian Ashram (The Bihar School of Yoga) from age 14 to 19. The guru in charge, Swami Satyananda who came from the Rishikesh Divine Life tradition, started to raise and educate me as an Indian girl. I was taught to speak, read and write Hindi and Sanskrit. I was taught Indian music. I worshipped Shiva every morning in the temple, and was told to fast every Monday, so I would get a good husband. Quite soon after that I received Sannyas initiation, and was trained in Indian scriptures, the Vedas and Upanishads, the Puranas and the Bhagavat Gita, and all the aspects of Yoga, together with all the Yogic practices. Every full moon I recited the entire Bhagavad Gita in Sanskrit. Renunciation was a big issue. I had no personal belongings, my head was kept shaven, and our clothes were communal. Our food was extremely simple, and often consisted of the same stew made out of corn. In India, the Guru equals God. Complete devotion, dedication and obedience are in order here.

At the tender age of 14, this all went down without a lot of resistance on my part, and it became the normal way of life. The central focus of the disciple is to please the master and to gain his or her praise and approval. Nothing else in life matters, as the Guru is the gateway to God and to enlightenment. At the same time, enlightenment was presented as something quite unattainable: it will take you many lifetimes of complete selfless service and devotion, and even then enlightenment needs to be deserved, takes a lot of discipline and long hours of meditation. Baba used to tell a story about his dog. He would say, *'In his last life he was a very great Yogi, he just made a tiny mistake...'*. However, if you succeed in pleasing the Guru, then his or her grace can provide you the much sought after shortcut, and therefore many prefer to choose the path of complete devotion and dedication, called Bhakti Yoga. This was engrained into my cells, in the form of deep and strong neurological patterns.

Our oldest programming is one of obedience and reverence. When we were young, our parents seemed invincible and capable of anything. Quite a God like image. We learned to obey them and obedience to an authority became a neurological pattern. To please them, could mean the difference between heaven and hell. To keep them happy could mean the difference between feeling good about yourself and feeling guilty. This authority appeared to be faultless and therefore became untouchable in our minds.

Later in life, whenever we give status to an imagined authority, this same neurological pattern is triggered and we follow suit. It also appears that we follow the authority with the best and most appealing marketing.

So the moment Katie merged with the Guru (in my belief system), I fell back into the pattern of wanting to please, complete selfless service, total dedication, obedience and devotion, which was of course accompanied by a total awe and fear. I was hooked, and my mind was set: I was going to serve her, day and night.

#### **Doing The Work – chapter 4**

When Katie left for the States, I went into a panic. In those days there were no websites, no email, no discount phone calls, and at best there was the fax machine. There wasn't a lot of literature either and *Cry in the Desert* hadn't been published yet. There were worksheets, a little book and some tapes.

So I took to doing The Work. I wrote worksheet after worksheet, day after day. At home, as I was making the dream catchers, I would play the few tapes that I had, over and over again. I felt a strong need to imbibe everything there was to imbibe about Katie.

After a week, it felt like I had stepped into an emotional roller coaster. The floodgates that opened the week before, never closed down again. So I faxed Katie. I told her that I went from rage to distress to sadness to fear to frustration to depression to anxiety, etc. I still remember her reply, as it came rolling out of my fax machine: *'You shouldn't be naming all these things, love Katie'*.

I was unstoppable in the beginning, sort of like a steamroller. Everyone I knew had to hear about this thing called The Work. I started several Work groups, did one-on-one sessions where and whenever I found someone willing to inquire, and of course I was doing The Work myself all the time.

#### **Setting the Stage – chapter 05**

Katie came back to Amsterdam about 6 months later. She had cut off her curls and the short hair made her look a bit sterner. Instead of someone's living room, they had hired the lobby of a local school. There were about 40 people. I was in bliss, sitting at her feet, listening to her do The Work with people, and of course with me on the stage. She left for Stuttgart after three days.

Again the panic came back. How could it be that I found this miraculous love in my life, that I re-found my Baba, and that she would leave again? A woman I didn't know rang me on the phone and said that she felt like driving to Stuttgart to sit some more with Byron Katie and would I be interested in accompanying her? Of course I was.

We drove all night. We had a phone number and no address. We drove through Stuttgart in the dark, until we stopped to call them. It turned out that the house she was staying in was right around the corner. Michael, who was taking care of Katie and a friend who travelled with her, didn't know if it would be ok for him to let us in, so we slept in the car in front of the house.

The three days with Katie were fabulous. We stayed with her in the house, took walks in the morning, had long talks, went to the workshop, and went food shopping. Food shopping with Katie was an experience. When she would see the stalls on the curb filled with fruits and vegetables, she would rush towards them, address and greet them very enthusiastically, and touch them in such a way, as if she was blessing them. Actually she wouldn't just touch them, she was all over them. I witnessed this many times, until one very cranky German shopkeeper came running out and started yelling at her: 'IN GERMANY WE DON'T TOUCH THE FRUIT!!!' After that I never saw her touch the fruits again. Or I would find her inside the shop, in the fresh vegetable section, holding a big bunch of lettuce in her hands, staring at it and shaking her head in wonder, and mumbling, '*this is so amazing*'.

At the end of the Stuttgart workshop Katie told me she was coming back to Europe in 6 months' time for a proper tour, visiting many different countries, and she invited me to accompany her. She had noticed me cleaning the apartment, helping to set up the workshop room and serving wherever I could, and she told me she could use people like me. This was nectar to my ears, especially since one of the trademarks of a devotee is the longing to be needed, be useful and to serve.

### **The First European Tour – chapter 06**

The tour was a great experience. Katie had brought along American friends, as well as her daughter and grandson. And we all fitted in the van, together with our luggage and traveling bookstore. She called it 'Havanna White'. On the way we listened to Katie tapes and the

Rolling Stones. Destination: Germany, back to Holland, back to Germany, Switzerland, Portugal and back to Amsterdam again.

Wherever we went, Katie was doing The Work with us and inventing all kinds of games and exercises (mainly around feedback) along the way. We slept together on the floors of people's houses and stayed with new friends.

In Portugal it turned out that no program had been organized. We ended up in a half finished, extremely child-unfriendly center on a mountain top, in the middle of the rainy season. On our way up we were warned by our host, that if it started raining heavily the road would wash away and there wouldn't be a way down. When we woke up the next morning, the mountain top had disappeared inside a huge rain cloud. The view was awesome as well as the fact that there was no food in the house. Very early in the morning we all piled into Katie's room. The big bed was pushed into the middle, as the roof was leaking all around. She asked us what we wanted to do. The options were very simple according to her. We could stay there and fully shut down everything. No food, silence, and just staying there until it was safe again to move. Or we could pack up and get the hell out of there. We all voted for the last option (except one).

When we came to Faro, we all got to see Katie's creativity and inventiveness. We checked into a hotel. Adam had a laptop, and we put together a flyer. We went into a computer shop to ask if we could use one of their printers. We printed the flyer, cut and pasted it into a proper leaflet, had it copied and hit the streets to distribute it. We had rented a work room at the hotel, and 2 days later there was a program, 20 people showed up, there was a translator and Katie did The Work. Life can be so simple!

After we had left the center, without staying for as long as we had initially promised, and without doing a program there. It seemed that the owner wanted money from Katie. He had written her a letter. There were long discussions about whether she was supposed to give him money or not. At some point she said, *'is this getting boring?'* And then I said, *'Yes it is, and I don't want to talk about it anymore'*. I couldn't believe I said that, and I don't understand how I could have said that. It just came flying out of my mouth. I guess I was just trying to please her as always, and was catering to her statement about boring. She looked at me, and I actually saw her eyes grow cold. She said in a very curt voice: *'Well, that's why the letter said dear Katie, and not dear Janaki, so you don't have to talk about it anymore'*.

I felt completely misunderstood, and was too afraid to say so, or to apologize. After that I was excluded from most conversations. It felt dreadful inside. I didn't understand this. After all, if she was the Guru, she should be able to see through me, and know that my intentions were all right.

By the end of the tour Katie had decided to give me a laptop, so that I could be of service by being the contact person in Europe, and helping organize the next tour. I was so



overwhelmed by the fact that I was given a computer, and felt so undeserving of this, that I literally worked day and night.

### **My relationship with Katie – chapter 07**

Throughout the years there appeared to be an interesting routine and pattern to my relationship with Katie. After each of her visits, when I was in the Netherlands, and she was in the U.S., I would call her on the phone a couple of times during the year. These phone calls were hardly ever work related. They were chats between two friends who loved each other dearly. I loved those phone calls. She was open and accessible, we would talk about our children, about stuff that had happened, about both of our sick and dying mothers, etc. It always felt like I was so close to her, and we were equal friends.

Then she would come to Amsterdam, and I would pick her up from the airport. That first moment of meeting her again after a year was always such a delight. We would hug and look into each other's eyes, sometimes cry and laugh at the same time. She would appear vulnerable and I just loved to take care of her. Often we would go food shopping first at the health food store, then I would take her back to the apartment and make her bed and massage her feet. By the next day everything had changed. Katie would be all business and the feeling of friendship and the sense of connections were gone. Later on I learned that they called this 'work mode'.

I wished I had heard this phrase before. Whenever this happened, even though I knew on a rational level that it wasn't personal, I always took it personal. It reinforced my sense of being unworthy, and my only remedy was to keep working, try to anticipate what she wanted from me and do The Work.

### **More European Tours – Chapter 08**

More European tours followed. Each tour was more extensive than the one before, and attendance would double nearly everywhere. I found an apartment in Amsterdam for Katie and company to rent. It belonged to someone who would vacate the place whenever Katie wanted to stay there. On the first morning of this tour I had already made several trips to the airport to pick people up and bring them to Emmalein. I had been told that I would help Katie answer her emails and I was very excited about this. It was lunch time, and we were ready to go out for something to eat. Katie was working. I said, '*we can do the emails when we get back from lunch*'. I saw her eyes flash, but she didn't say anything. When we got back, I was informed that I was taken off of that duty and that someone else would be doing the emails with her. I felt I had failed, and didn't know why. Later in the tour, towards the end, I was in fact doing her emails with her. It was before wireless internet connections, and I

needed to go to a separate office in the particular hotel to go online. I had mentioned that I wanted a cup of tea. As I walked out of Katie's room, carrying the laptop, she called after me. She said, *'Janaki, are you going to send the emails first, or are you going to get tea first?'* I had learned my lesson. *'I am going to do emails first, Katie'*.

At the end of one of the tours, Katie and company would often spend a last few days at Emmaplein in Amsterdam. We would relax, go out to lunches and dinners, walk through town, go shopping, etc. An American friend of one of Katie's assistants had asked if she could also stay at the apartment. I told her that there was enough room, so it was ok with me. We were walking through town with Katie and Stephen and some others, when we met up with the American girls. Katie said to her, *'Roz, have you noticed that you are feeling uncomfortable? That is because Emmaplein is mine. I never invited you to stay there. This means that I have to go into another room to discuss private business. Emmaplein is mine.'* The girl was completely baffled and didn't know what to say. Then Katie turned to me and said, *'Can you see Janaki, how this is not personal?'* I said yes at the time, but only because I didn't want to disagree with Katie. The truth is that I didn't. I remember looking at Roz' face and noticing the fear in her eyes, and also thinking that I was so glad that it wasn't me.

By this time Katie had already set up the Certification program (this later became the School). It was a 15 day program, and at the end of it certificates were issued. I was certified in the United States in February 1999.

Once we were in the kitchen of a German apartment in Cologne. I stood in the doorway and Katie had just gotten a little jar of yogurt out of the fridge. She shook it vigorously, the top was unscrewed, and a moment later I was covered in yogurt. We both started to speak almost at the same time, but she was just a split second ahead of me. I thought she was going to say sorry, and I wanted to say, *'oh never mind honey, I'll just clean it up'*. What came out of her mouth was, *'I wanted to see if it was open, and I guess it was'* and she walked away. One thing I learned in India, is that you NEVER criticize the Guru, so I didn't.

One night we were having dinner in Germany at an Italian restaurant. There was a habit of sharing and tasting each other's food. Katie had a different pizza than mine, and I asked if I could taste a piece of hers. She said, *'to tell you the truth, this is a big piece for me. It is mine, I ordered it'*. I immediately felt ashamed. Later on she offered me a piece.

Every year she came to visit Europe, she would take me along with her on tour. Every year the organization grew bigger. In the beginning it was hanging out with friends, but soon it had turned into a travelling office. After 3 years, it was very time consuming for me to go on tour, as there was always a lot to do in preparation for the Schools, to be held at the end of each tour. So I would stay home to work, as Katie travelled with her company. There was now a book store which traveled separately, lots of events throughout Europe and Israel, there were 2 schools each summer, one in Holland, where I would serve as a translator and

one in Germany. I answered all the phone calls and emails, and there were so many from all over Europe, that this job in itself was full time. I would travel ahead to visit several locations to see if they were fit for the programs. I did all the PR, the mailings, setting up interviews with Katie, setting up the Schools, finding the hotels, book flights, putting together the itinerary booklet, getting the supplies, etc. When it came close to the tour, 14 hour work days, sometimes 7 days a week, were normal. During her visits to Amsterdam I would pick her up from the airport, as well as all the friends and staff from the U.S. who travelled with her, drive her around, take her shopping, translated all the public programs. I also edited the Dutch translation of the books, and translated all the written materials for the workshops, website, PR and the Schools into Dutch.

### **Feedback – chapter 09**

In the early years, feedback wasn't called feedback yet. It was called 'roasting' or 'bullets'.

Back in those days, feedback meant nothing short of pure criticism to me. I believed then that it was aimed at hurting me, and it confirmed and reinforced the belief that I was unworthy. The consequence was a perpetual state of shame and guilt. The way out of this was doing The Work. Making amends took on the form of obedience, dedication, devotion and doing what I thought was expected of me.

I was after love, approval and appreciation. Not just from Katie, but from most other human beings. It became very visible to me that I had been doing this my entire life. I think we all do this, and I think we all know that we do this. I did too, but it started to become more apparent, and I noticed how painful this kind of seeking is. I also noticed that I couldn't help myself.

Now I can see that feedback is only a way of reporting myself, without aiming at hurting, accusing or correcting the other person. It is giving a voice to thoughts in a very honest and shameless way.

On the second European tour, after the Amsterdam programs were over, we headed south to Venlo, and after that on to Germany and the rest of Europe. Jan and his family live in Venlo, they had discovered Katie that year and invited her and the group to their lovely home. Katie had told a friend she was going to '*roast the hell out of Janaki*'. During our last afternoon, Liesbeth did The Work on Jan. About 25 people were present in the room. At some point Katie asked us for feedback on Jan. When it was my turn I told him that I didn't believe his spiritual attitude, that I wanted to wipe out the sissy smile on his face, and that I didn't buy all his spiritual bullshit. To enforce my words, I kicked at one of my shoes (I was sitting on the floor). Katie said, '*Oh Janaki*', and at that point she shifted the entire focus to me. She said, '*and that is how we all see you*'. She said, '*You give us your dripping devotion,*

*and you keep the smile on your face as long as you think we are looking at you. You are filled with self hatred. I introduce you to my daughter, and you take advantage of that by striking up a close friendship with her'. She said a lot more, that I can't remember now. I was devastated and my world collapsed. Then she asked everyone to give me feedback, and they did. Apparently people saw me as untrustworthy, and undependable.*

And she was spot on. It hurt as hell, and it was the truth. I wasn't serving people out of a desire to serve. I was serving people because I thought that was the only way to be acceptable. It came from a very deep rooted sense of being unworthy.

That was the beginning of a tour that would last another 6 weeks. The next morning, when we were in Germany, she had called me to her room and said, *'Just in case you didn't get it, I will run it by you again'*. And she did. I started to say something and she said, *'Janaki, you don't have to say anything, because I already know everything you are thinking'*. In hindsight I can see how this was a crucial point for me. In India I was taught that the Guru equals God and is All-Knowing, Omnipotent and Omnipresent. Her statement only proved that this was true, and I firmly locked myself in our Guru-disciple relationship-prison.

We went for a walk in Cologne. Just before we entered the great Cathedral, Katie took my arm and stopped me. There was a beggar in front of the church. She said, *'look at him, just stand here and look at his face. That is who you are'*. We stood there for at least 15 minutes looking at the beggar. And she was right. Looking at that beggar in Cologne, I saw myself, and how I had been the beggar all along.

This giving of feedback continued throughout the tour on a daily basis. I felt frightened, unsafe and the need to constantly be on guard.

When we were at the house in Kirchberg, I had written a worksheet on Brian, and I asked him to facilitate me. Brian is one of my most wonderful friends. I read him my worksheet, and he could find everything. Then he facilitated me and I answered the questions and did the turnarounds. When we went back inside, Katie was sitting on the sofa. Brian told her about our work together and he gave Katie some of the keywords that came up in my worksheet (without the context). The keywords were: cold, distant, arrogant and superior. Katie looked at Brian and said, *'Bri, I have never experienced any of these words with you'*. Then she turned to me, looked at me and said, *'And Janaki, I have experienced all of these words with you'*.

Again she was right, and it also felt like I did something wrong again, even when I had been doing The Work.

After this experience I was forever on guard with Katie. I felt like I couldn't trust her anymore and refrained from giving feedback to anyone in her presence. I felt traumatized. The fear inside of me ran very deep. And God knows I did The Work on this. I still have stacks of

diaries with worksheets written on Katie. After reading through some of them, I noticed a reoccurring belief. It said, *Katie should see me for who I am*. One of the turnarounds is very interesting: *I should see Katie for who she is*. At the time, when I would make this turnaround, all I could think is that Katie is equal to the Guru, so therefore she is omnipotent and omnipresent, so instead of seeing her as a normal and equal human being, I was seeing her as a divine and perfected being that simply *cannot* make mistakes, so therefore it *had* to be me. In this behavior I firmly placed her on a pedestal. What I realize now is that if I put her there, then I also need to take her off. No one can do that for me, including Katie herself.

Towards the end of this tour, it turned out that she had asked Jan and Tineke to take over the organization from me. I was never told directly, but found out through hearsay. I agreed silently, still not having learned to simply report my thoughts and speak up. On the last afternoon I was sitting with Katie in her room. She was lying on her bed. She said to me, *'So Jan and Tineke will run the Center for The Work in Europe and you will serve them, and just in case it turns out they can't do it, you may have to end up doing it all by yourself anyway'*. Again, I silently agreed.

### **Working for Katie – chapter 10**

Over the next several years I worked for Katie.

I was in need of making money and I found a well paying job. I told Katie that it was becoming very difficult to combine making money and doing all the work for the Foundation. She offered to put me on the BKI payroll. I agreed and then panicked. The next day, I went to her room and read her the one liners I had written. One of them was: *'if I start to work for you, you will treat me as an employee and not a friend'*. She said, *'I probably will, I lie about this friendship thing, I am a self realization machine'*. She asked me how much I wanted to earn and I asked for \$ 2500 per month. Katie told me that she would expect me to work full time for this. Even though I was already doing this above and beyond the call of duty, I took her literally and for as long as I was on her pay roll, I took no weekends off and no vacations. The agreed salary only lasted a few months. Soon I received a phone call from the manager at the head quarters, telling me that BKI was almost bankrupt, and would I work for \$ 1000 a month. I told him I would, and I asked him if they would let me know when they were solvable enough to pay me my regular salary. They never did. Finally, when I felt that things must be financially sound again (after 1 year), I requested and received my regular salary.

We stayed at a friend's house and shared a room. At night, before we turned out the lights she said, *'Janaki, no matter what happens, you will always be my little Janaki'*.

Both of our mothers died of cancer. When I supported my mom in her process of being in the hospital, undergoing several surgeries, and radiation, Katie was a great support to me.

She advised me on how to deal with the hospital staff and helped me set up a schedule for the pain killers and she came to my mother's home to visit her.

She told me that she and Stephen had made a pact with each other. She said that if ever either one of them would attract a disease that would involve a slow dying process, they would throw a party, invite all their close friends and both drink a death cocktail.

At the time, even though this information overwhelmed me, I cheered what she had said. But I remember the thoughts that followed later. I happen to think in pictures, so in my mind's eye, the whole scene flashed before me. I thought, *I wonder who gets to clean up the mess, after you are both dead? Would people be seen as accessory, if they know a suicide is going to take place and they don't try to stop it? How are we going to explain to the world that both the authors of a book called Loving What Is, just committed suicide and one of them was perfectly healthy? And what about all those sessions where she does The Work with people who have cancer, and asks them, 'Do you love your cancer yet?'*

Could this be an example of, *'Do as I say, not as I do'?*

### **The Work in Business – chapter 11**

A friend of Katie's from Holland, who staffed during my certification in the States, came up with the idea that The Work was great for coaching in companies. He founded a company called Byron Katie International, and it was set up to take Katie into businesses around Europe and eventually also in the States, starting with the Netherlands. He asked me to assist him and serve as a secretary. We worked on putting a brochure together, which he sent out to hundreds of companies. When Katie came the following year, he had organized 3 business seminars and 2 master courses that were to take place after Certification.

We were all at his office when Katie first saw the brochure. Her face was all over the entire front of the cover page. I didn't like the way it looked. I stood next to her, and I said, *'I don't like it very much with your face up there like that, it makes you look like a guru'*. She said to me in the now very familiar curt voice, *'NO Janaki, NO, that is not true, that is **you**'*. Again I believed I had said something unforgivably wrong.

Looking back, I can see that I always projected the guru onto her, but her response felt like a denial and a defense. It didn't feel compassionate. And now, when I see her pictures all over her website and all the materials, I still stand by that remark: it makes her look like a guru.

The business program wasn't the big success they had hoped for. Attendance was quite low, and they weren't really prepared with a program that was suitable for companies. The master classes had such low enrollment, that for the second one, they had to invite friends and participants for free, so that it could take place anyway.

All further business programs were cancelled, and the name Byron Katie International stayed with Katie and became the name for her new company.

About a year later I decided to have a go at introducing The Work in companies myself. I asked Katie if it was ok to found a company called 'Byron Katie Europe', and if she would be part of it. She agreed. I got together a group of trainers who had all completed the certification program and were already working in companies as coaches and trainers. We put together a curriculum for a one-day program, and by the time Katie and Stephen came to Holland, I had organized programs for her in several companies, and got her invited for several business seminars, that were all paid for quite well.

I sat with her and explained her about all the programs for the companies and the money that she would get. She said, *'Oh I don't need that, I am going to leave my share with you and your family'*. And I said, *'but it is € 20.000'*. For a split second her eyes flashed. She looked at me and didn't say anything.

She had introduced the 'I resent...' exercise. And I had translated it into Dutch. The translation of 'I resent...' was hard to find in Dutch. The phrase that I used in Dutch, after having discussed it with the book publisher and the official book translator, translates back into English as: *'take a dislike to'* (in Dutch: *Ik heb een hekel aan...*). In one of the companies Katie and I went to for a program, the trainers said they didn't need Dutch translation. They worked with the Dutch version of this exercise, and then translated it back into English to read out to Katie. The capacity of the Dutch to speak English, is often a bit overrated and not as good as they like to believe themselves. The first person translated the phrase back into English as: *'I hate...'*. The rest simply followed suit.

The next day, at another company, a man objected to the translation and said it was too strong. Katie immediately responded to him. She said that her translator had made a gross mistake. I was right there in the room translating. She called me over to the stage, patted my cheek with her hand and said, *'I want all those worksheets pulled, in fact I want them burned. The translation is off and you know it'*.

I did pull them, I never burned them.

At the end of the tour and all the programs, I was going to wrap up the accounts, give Katie the paperwork and there were still some bills and some trainers to pay. When I tried to make the payments through internet banking, it appeared that all the money had been withdrawn. Katie called me and said she wanted me to come to Amsterdam and to bring all the papers that had to do with the business. I showed her everything, including the unpaid bills. She actually got angry with me. She said, *'you see, this is why you and I can't do business together, because I work in an entirely different way. I always pay my bills the moment they come in'*. She then gave me the money needed to settle the bills and took the

rest with her. 'By the way', she said, 'I have dissolved the company and I have sent an email to all the trainers to let them know'.

The email she had sent to the trainers was very short, some of them commented on the fact that there was no explanation for her actions. It was actually a relief for me to continue the company on my own.

So that was the end of that. I continued with the company, and named it The Working Company.

### **Money – chapter 12**

More than anything, people ask me where all the money goes. Apparently a lot of people do the math, and they wonder why BKI is not transparent about this, never publicly displaying their financial reports.

And then there is the cash. Every single year that Katie comes to Europe, she collects vast amounts of cash that are given for the donation programs, or tickets that are paid for at the door. The cash is used for expenses, to pay American staff, who used to earn \$ 2000 per School. Often the remaining money was given to staff and friends to take home to the States for her. Some would get up to \$ 10.000 to put into their suitcases, that being the amount you are allowed to carry on your person to the U.S. without having to declare it.

On Katie's website it says that the money is used for the following:

*We will continue to expand the scholarship program for those who cannot afford the nine-day School for The Work-teachers, therapists, psychologists, psychiatrists, and others who work in hospitals, public schools and universities, prisons, government offices, rehab and literacy centers, etc. These people and institutions don't always have the funds to allocate because their budgets are stretched to the point of bare essentials just to continue operating. They take The Work back to their families, their communities, and their institutions, and everyone who follows the simple directions in the School (I call it the School of You) carries less burden, more clarity, and a kinder life out to the world as a result of it. And I continue to urge people, if there's any way possible, not to live the rest of their lives without doing the School of "YOU" first.*

*The money raised also allows us to pay for our staff, the websites, our offices, and the travel to countries and to people who cannot afford to pay our travel. We thank you for supporting The Work so that we can continue programs like our prison projects in prisons, such as San Quentin, our education projects, and our work with the V.A. for our vets suffering from post-war traumas. We stay alive because you say so.*

I would like to remark here that most of these programs are run by volunteers.



Katie can be generous with money. She always claimed that she would never loan people money, but that she would give it to them instead. In the beginning of our relationship, she always paid all of my expenses on the tour. However years later, when I was already off of her payroll, she never volunteered to give me anything for translating her programs and schools.

Once we were walking through the streets of some city in Europe. It was late and already dark. There was a street artist on a lonely corner accompanying himself on a guitar. Katie stood in front of him, her face radiant. Without looking she emptied her pockets of all the cash she carried with her and threw it in front of him on the ground.

After one of their trips I picked them up at the airport. They had been staying on the boat of a wealthy friend. They were telling me excitedly about all the luxury on the ship, and that they had figured out how much money this man must make.

I had noticed from the beginning that people with a lot of money always received a VIP treatment from Katie and had special privileges. Could it be that money was a fascination for them?

### **Resignation – chapter 13**

During the last tour that I was still fully on the payroll, Katie and Stephen learned about everything I had organized, all the press interviews and the business programs, Stephen was very impressed, he even suggested that Katie bring me to the States, so I could do the same thing over there.

However, things unfolded very differently. I kept sensing throughout the tour that something was off, and I couldn't put my finger on it. By the end we were all in Germany for the School, which was also the end of her European stay that summer. As usual, we set up office in the front room of Katie's and Stephen's suite. For some reason we couldn't hook up to the internet (in the days before wireless computers!). I had already made a phone call to my provider, and he had some suggestions as to why we were having problems. Finally Stephen called for assistance from the hotel. Someone came, and it turned out that we had overlooked something very simple, and we ended up having to pay him € 100 anyway. As it turned out, Katie was not pleased about this and had said something to Stephen. Stephen then came to me and started to make a sarcastic remark, he said, *'you know how you think that you 'know' something, and now we had to pay € 100'*. This felt extremely unfair. I went to Katie and I told her, I also said to her that eventually I would have found out myself, because I am always able to solve my computer problems. She called Stephen over, and asked me to tell him what I just told her, so I did. Then Katie said something like, *'See Stephen, my staff knows what to do'*. Basically I felt like she was telling him off in front of me. At face value this all seemed fine, but later on I would find there were definitely

repercussions. Stephen had taken to speaking about me in a way that put me down and that questioned all my abilities.

When the Schools were over, I drove Katie to the airport. She told me she wanted to start delegating most of the work I did from the American office and that she was going to reduce my salary starting the following month. I asked her how much she would reduce it and she said she didn't know, and would have to ask the people working in the US office. She said she simply didn't want to have a European office. I wrote her an email, listing exactly what I had done over the past years, how much work it entailed, that it came down to 12 to 14 hour work days, often 7 days a week. That I had worked for her for 7 years as a volunteer, then received a salary which was soon after cut down to less than half, and worked for that amount for another year.

I told her in this mail that I had helped her bring up the attendance for workshops to over 1000 people each year through the mailings and the PR I was doing and pointing out to her that just the phone calls and the emails alone was more than a full time job.

One of the things she replied to me was, *"As far as working for "me" for so long, it has always been a volunteer's job that you loved and somehow we were able to pay for"*. I asked her to at least give me one extra month, since I wouldn't be able to find paying work overnight. She agreed. I heard later that when she walked into her office, she said, *'find out what Janaki can do for \$ 500'*.

Meanwhile, the work for BKI continued. Even though the work load was considerably less, by the time the next tour and School were about to begin, it was the same as usual, only this time I was getting paid a lot less. I still translated the Schools and all the public programs.

The year after, the third (and last) School in Brussels took place.

I had ordered all the supplies for the School, and Paula called me over because she wanted to check them. It was kind of peculiar, because this had never happened before. As it turned out, our supplier had sent us an insane amount of page dividers. I called him, and after having done business with him for so many years, we have a very friendly relationship. He started to laugh, because he thought it was funny and a silly mistake of his warehouse, and we were both laughing together on the phone. He said that we could either keep them or throw them away, because it would cost him more money to have us send them back to him. I heard what was reported back to Katie by Paula is: *'a supplier got the short end of the deal and Janaki laughed'*. Even though technically it was true, it was given an entirely different flavor, which makes it an inaccurate story. This is what had been happening over the years. People will tell Katie a story, and she doesn't check it for accuracy, but acts on it, as if it is true. I could always tell when she wasn't happy with me. It would be in her voice and her eyes and her attitude towards me. And it was happening again during this School, only I didn't know why.

I was assigned 'Katie-care'. When you staff a School and you do Katie-care, you mainly look after her tea and some personal needs. I was delighted with this job, because being close to Katie was what I thought I wanted, even though it sometimes scared the hell out of me.

A few days later I was called aside by Paula and Tom. Paula said she wanted to talk to me. I stood there as she took Tom aside and started whispering in his ear. Then Tom turned to me and said, *'It has been decided that you are no longer doing Katie-care'*. I asked him if I had done anything wrong. He was silent and closed his eyes (*In the Work this is called, 'going in'*). After a while he opened his eyes and said *'No'*. Later Lesley came to me and told me that she wanted me to know that I was taken off of this job, because she had said to Katie that it seemed to her that Katie was experiencing stress in my presence.

During this same School, I noticed that Katie no longer played The Work Rap. The Work Rap has been composed, arranged, performed and produced by my husband, using Katie's voice and quotes as an instrument. He did this in 1998. Katie loved it. He donated all income from the sale of this production to Katie, this meant sales during workshops and programs. Katie had the agreement with my husband that the moment this didn't feel right to him anymore he would let her know, and from then on they would split 50/50. Roxann told me that the reason she had stopped playing it, is because Ross (Katie's son) had told her that it resembled music from Twin Peaks. I was never aware of this. When I spoke with my husband on the phone that night, I told him. He was baffled, indignant and angry, because it was bullshit. I went to see Katie to tell about his response. I told her that his integrity as an artist is extremely high, and he's a very talented and excellent composer in his own right, who would never plagiarize or base his music on something else. Katie said, *'well, this is Ross' opinion and he is entitled to it'*.

By the end of the School, when Katie was having a last discussion with the group on Sunday afternoon. She was talking about The Work, and about how people could present it, and about how The Work is not therapy. An older man from Holland stood up. In his hand was a little booklet of Katie-isms in Dutch. The publisher had hired my husband to design the cover of this booklet. Apparently on the back sleeve it had the following quote from a journalist/columnist who is quite a celebrity and had once done an interview with Katie: *"On my way home I took stock. Byron Katie is intelligent, she has integrity and an engaging personality. Her method isn't new and unique, but contains elements of contemporary therapeutical techniques, and is an accessible, appealing translation of the latter. In short: Byron Katie is OK and The Work works!" Annette Heffels for Margriet.*

I was not aware of this, and when my husband designed the book cover, he didn't think anything was wrong with it and didn't discuss it with me. Moreover, the publisher had made it clear to him, that he was only hired to do the graphics and not to mind the content.

Katie was visibly upset about the quote. Later on in the final staff meeting she made a big deal of it. She said it was a gross mistake, that this should never have happened, and that it was even done by someone close to her. She called upon all the staff members present, to make a phone call to her publisher in the Netherlands to complain about this quote. I sat there, feeling like it was all my fault, and that somehow I had to make it right. I raised my hand to say something, I was actually going to resign right there on the spot. She noticed my hand, and said, *'see what it is like to hold it in'*.

I went to my room, wrote my letter of resignation, had someone deliver it to Katie and went home.

After the Rap incident, my husband wanted to talk to Katie right away. He was told that he could call her when she returned to Amsterdam. In the evening of her return he called her. She answered the phone herself. He expressed his feelings of indignation. He was angry because she was believing a story told by her son, which compromised my husband's integrity. She said to him, *'if you are this angry and emotional about it, there must be an element of truth in it'*. My husband responded, *'if that is so, then what about your reaction to the therapy quote on the book cover, is there also an element of truth contained in that, seeing how upset you were?'* There was a long silence, and she said, *'thank you for your time sweetheart, I have to go now'*. My husband felt that the conversation had been abruptly ended and wasn't completed yet, so he emailed her to get further clarity. Katie never responded.

Sometime later though, the Work Rap was re-installed. She started playing and selling it again.

#### **Feedback on my website – chapter 14**

When Katie had reduced my salary, I decided to take The Work into business full time. My husband designed a website. I needed to write a bio, that would be attractive for companies. Having no experience with this, an American friend did this for me. She was very experienced in PR and marketing. Apart from that website, I never really did anything to market myself. The phone simply started ringing, and The Work in companies started to happen on its own. Basically it was all through a network of people who knew me and who loved The Work. It went very well indeed. I was invited for presentations and workshops, trained with managers and employees in companies, and I worked as a coach for several training firms, coaching executives from a wide range of companies.

In my bio there was a sentence that said, *Under the personal supervision of Byron Katie, Janaki has become one of the most prominent facilitators for The Work in Europe.* I never thought there was anything wrong with this sentence, and in reality it was true. At the time I

was probably the only trainer in Europe who was doing The Work in a wide range of companies, who was able to make a full time living through this and who travelled to a lot of European countries.

Just a few weeks before she came to Amsterdam for the tour, I received an email from her, telling me to immediately remove that sentence from my website. Of course I did. I mailed her, that even though I believe that I am allowed to write whatever I want to on my own website, and that I have the right to market myself in any way I want to, I told her that I would remove it, simply because I like saying 'yes' to her. Now I can see that that wasn't entirely truthful. The truth was, that I was afraid to say 'no' to her. What I forgot to say to her, is that one of the Katie-isms is, *Everyone is entitled to their own opinion.*

I also remember thinking that, even though I was no longer working for her, I would still go to the place where I felt I did something wrong. It is amazing how deep some of these beliefs can run.

When she came to Amsterdam we had dinner at a restaurant. I called her upon her email, and said that when we wrote *Under the personal supervision of Byron Katie*, it felt very right. I said that it came from all the years of being close to her, from receiving so much feedback, from traveling with her and all The Work that she was always doing with us. Even though she completely agreed with me, and even added to this from her own memories, she still didn't say it was okay for me to put the sentence back.

### **Katie goes Blind – chapter 15**

Katie was losing her eye sight. In one of the newsletters she announced she had succumbed to a genetic disease called Fuchs Dystrophy, and finally, after she was almost blind, she had a cornea transplantation that restored her eye sight fully.

What struck me was the word *genetic*.

I was in the car with Katie and some others, when a friend asked her which thought causes blindness. Katie started to go into an explanation about metaphorical blindness, when my friend told her she was actually talking about Katie's physical blindness that was going on. Katie then told her that her blindness had nothing to do with a thought, that it was a genetic condition.

I remembered how Katie used to say, *Body follows mind*, and there are old tapes of Katie sessions where she actually said to people, 'that's how you cancer you' and 'that's how you heart attack you'. I have never heard her say, 'that's how I blind me'.

## The Working Coach – chapter 16

In May 2005 I offered the first Working Coach Training. I decided to offer this training, because people kept asking me for exercises for their coach sessions and workshops. It seemed there was a great demand for a coach training with The Work. The training was a success. Within one year I was doing 5 Working Coach training programs per year, in Sweden, England, Denmark and the Netherlands. I only take 15 participants in the training, and we meet for four 3-day weekends. When Katie came to Amsterdam in the summer of 2006 I told her about The Working Coach training. I showed her the setup for the program, and the curriculum I was using. I also showed her the workbook I designed to accompany the training. She loved it, and asked if she could keep it.

About a week later I received a phone call from one of her assistants, telling me that Katie was going to offer a coach training program as well. She said that Katie wanted to have my entire curriculum. I received an email from Maggie (another assistant) saying that she would like to have a chat with me to find out how my program worked and how I had set it up. She said that they would like to ensure that what we have supports what you are doing and that what you are doing supports our efforts once they are up and going. I was interviewed by her on the phone twice, and I explained in great detail the entire setup of my training.

I didn't send Katie my curriculum. When she visited the next summer, she asked me again. I said that I would send her all my exercises and asked her to not use them in the School. I didn't mind if she would use them in the certification program. Since many people who come to the Working Coach, then sign up for the School, I didn't want those exercises to overlap each other. I never use School exercises in the Coach training. Katie said, *'just send me everything, if I see something I like, I'll just give it a twist'*. In my mind I added, *'and take full credit for it'*.

When I finally *did* send her my curriculum and never got a response from her. I did get an email from her personal assistant, who let me know that Katie had not yet time to read through it, but she herself did. She told me that *'The Work and The Work of Byron Katie is copyrighted and I noticed that your worksheets infringe upon Bryon Katie's copyrights. These copyrights--even for Katie-- are only for The Work and The Work of Byron Katie--if you are going to copyright your material--it would have to be through Katie's copyright. In other words, no one can copyright Katie's Work as that copyright is already taken'*. I replied her I didn't agree to her statement, as my exercises don't contain four questions and the turnaround. They are questionnaires around a certain theme, that will lead to underlying beliefs. The Work is what we do afterwards. In fact, these exercises could be used by any method that works with undoing the effect of beliefs.

When it became clear what Katie's certification program looked like and entailed, it was wonderful and truly set up as a mutual support system. Many people who came to my

programs, ended up enrolling in the School and signing up for the certification, and it turned out that people who were in the certification could acquire credits worth 10 days when they attended my Working Coach training. This worked well less than a year.

### **Certification Program – chapter 17**

When Katie first started the certification program, she immediately certified 20 people, and put them on her website with their pictures and profiles. I was amongst the first 20. When I sent in my profile, Katie told Ralf that she wanted to change my profile, and '*make it more real*'. On my profile it was mentioned that I was conducting a Coach training and workshops in the Netherlands, the UK, Ireland, Switzerland, Sweden, Denmark, Spain, Finland and Austria. Katie removed that entire paragraph from my profile. She also removed my reference to The Working Coach training.

She apparently edits all profiles before they are posted. People who are certified and have also completed The Working Coach training are not allowed to mention that in their profiles.

In fact, I never received the actual certificate, even though my profile was on the website. Later I learned that it says on the certificate: *This license is non transferrable, must be renewed annually and may be revoked at any time.* The thought that comes up here is, *it may be revoked at any time, without giving you any reason or explanation?!?!?*

### **Presentation of The Work – chapter 18**

In The Working Coach training, I ask participants to prepare and give a presentation of The Work. In these presentations they can be as creative and free as they want, and they are. Afterwards they receive feedback from the audience. They use all kinds of props to illustrate their talks. They tell us which kind of audience we are, so they can practice what that would be like. So far we have been judges on their lunch break who are in a hurry, teenagers in a classroom, housewives, someone's entire family, people in the educational field, the medical field, a group of managers, etc. These presentations are a lot of fun, and the audience has fun becoming the audience of the presenter's imagination (especially when they become teenagers!).

During the final evaluation workshop of Katie's certification program, participants are also required to give a presentation. I have been told that they receive an outline with all the components that the presentation needs to contain. One of the items at the top of the list, is that you need to explain who Byron Katie is, and that she is married to the renowned author Stephen Mitchell. From my personal experience I have learned that this doesn't go down well in companies. I have been told several times that in Europe there is a tendency to be

allergic towards things that are “too American”, and I was also told that they only wanted me to focus on the methodology and not on a person. There was even one company that wouldn’t allow a presentation if I insisted on calling it ‘The Work of Byron Katie’.

A friend from the US had attended The Working Coach training in the UK. She flew over 4 times from the US to Europe to attend the 4 weekends. Just before this training she had been certified and placed on the BKI webpage of facilitators.

She gave her presentation very much in line with the one she had given at the certification program. During the feedback, she got her head bitten off. People said they felt she stood there as a BKI representative, that there was no presence. They wanted to see *her*, and they didn’t.

When she was back in the States she told Katie about the feedback she had received. She also told Katie how much she had gotten out of attending The Working Coach. Right after that, Katie removed my name and profile from her website.

### **Ex-Communication – chapter 19**

During May of last year, I was staying with my friend Corinne in Ibiza and I decided to check out the facilitator’s page on Katie’s website to see who was newly added to the list. I noticed that my picture and profile were no longer listed. I had never received any notification of this, so I thought it must be a mistake on the part of the webmaster. I mailed Katie to alert her to this fact. I received no response. About a week later I sent another email, asking her for her phone numbers. Her numbers had all changed, and I wanted to call her but couldn’t reach her. Again there was no response. I heard from the Dutch organizer that Katie didn’t want me to translate for her in Amsterdam during her visit, and no explanation was given. A few weeks later I sent another email, asking her what was going on. I asked her in the mail to let me know what was going on and if there was anything I needed to know about. I also said that it felt very unkind.

### **Katie’s response – chapter 20**

Finally I received an email from Katie. She gave me a long list of reasons as to why she had removed my profile.

This time I didn’t rush to tell her how she was right and I was wrong. Instead I defended and explained myself. Another reason why I responded the way I did, is because she asked, *‘if any of what I have written seems to be unkind and beyond what is true for you, please let me know’*.

Katie said that she took my profile down because she had received complaints about exaggerated claims on my website, and that she agreed. She said, *‘I would love that you not*



*use me to sell yourself and that you allow The Work that you do to sell you'. I thought we had already dealt with this the year before, when she made me remove the sentence about her personal supervision, but apparently not. I also told her that the bio was quite old, and that I would take it off immediately and re-write it. It was written a long time ago, and I hadn't taken the time to look into it.*

*Her next point was, 'Also, it has been told to me that you consistently encourage people to take me off of a pedestal when for some of them it is love, they are simply loving and caring about a friend and for some it is the first experience that they can trust. Love is the power and I love that love is allowed, even encouraged, love is not personal. Eventually people find that the love is inside of them if it isn't directed out of them before it is allowed to mature on its own'. I told her that I couldn't find this. I said that in fact, one of the first exercises in public speaking during the Working Coach is to sit in front of the group, and tell the others how they met The Work and what it did for them. The stories that emerge from this are nothing short of a tribute to Katie, since all of these stories involve how they had met her and what their first impression was. I also often tell my own story in the group, which equally is a tribute to Katie. So I mailed her, 'And again, I have never encouraged anyone to take you off of a pedestal. I wonder why you said that you hear this consistently. My sense is that it had something to do with what someone said to you about the feedback she received on her presentation in the coach training. Please remember that it was the **participants** feedback and not mine. I have no control over what other people say'. (and nor do I want to).*

### Copyright – chapter 21

*She went on with, 'Also, your website claims put others at an unfair advantage and it is experience in The Work that matters and you have that. Also, I didn't have time to really get a good look at your curriculum and don't know where it is at this time. And honestly, I think that I put it aside when I saw illegal copyright claims on the exercises. Did you know that any exercise that involves the four questions and turnarounds, The Work, must carry my copyright at all times? To use The Work in any way must carry the legal copyright and your name and note can be added which says something like, "exercise designed by ....." but only one copyright is legal'.*

This is an interesting point she makes here. I told her that The Work is not in the exercises, that the exercises are a questionnaire around a specific theme, aimed at underlying beliefs. In fact, any system that works with beliefs, could use my exercises. The Work is what we do afterwards. So when I put my copyright at the bottom of one of my exercises, I don't feel I am copyrighting The Work, only something that I wrote myself. Any material that I use which comes from her, or involves the four questions, always has her copyright. In the beginning, I was actually putting her copyright on everything I wrote, until someone pointed out to me

that she may not appreciate having her copyright on something she didn't write, and possibly might not agree to, and that is when I changed it to my own. I also asked her if it could actually be possible that she never saw the material herself, but that Virginia had told her about it, and based on that story, that she assumed I was applying illegal copyright? Shortly after my email to her, the Code of Ethics appeared on the Institute for The Work website, and the only way to enter the site now, is to sign the agreement. In an adjusted copyright / trademark agreement section, there is the following paragraph: *If you modify a Worksheet, exercise, or create any materials designed to be used in conjunction with the four questions, turnarounds, and examples, always amend the copyright information in the following manner.* It says here that even if you created exercises that do not contain The Work, but are used to lead up to The Work, it needs to have the designated copyright. Which is kind of absurd. Suppose I use an exercise that came from someone else, or from another system like Avatar or NLP, am I then obliged to give it her copyright, just because we do The Work afterwards? To me, this doesn't make sense.

There is another reason why the copyright issue is amazing. I emailed her the following:

*'Are you aware how much you have hurt my husband by not putting his copyright line (or even his name) on the CD of The Work Rap? It touched him very deeply, and he is still not over it. He found it amazing that even the name and copyright of the photographer was on the CD, but not his. He produced and composed The Work Rap, using your voice as an instrument. He also composed the entire lyrics on the basis of your quotes, by listening to hundreds of workshop CD's. In musical circles, that would be enough to legally claim part of the copyright of the lyrics too, but he generously gave that part of the copyright entirely to you. He also generously donated all the proceeds of the sales in the US as well as Europe for over 8 years. You had told him that the moment it felt no longer right for him, to let you know and he would get half'. My husband was told by 3 different people in Katie's organization (one of them being Paula), how well the Work Rap was selling. He repeatedly asked for statements of sales. When my husband called Katie on their agreement that he could end the donation period whenever he wanted, and that he wanted to get paid, he received a message from Lesley. The message was that Katie wanted to change the agreement. The new agreement would be that both Katie and my husband were both allowed to sell the Work Rap, and neither would have to pay the other a percentage. The interesting part being here that Katie has all the means to sell the Work Rap through all of her programs, and my husband doesn't. The second part of this new deal was that if my husband agreed to this, Katie would then put his credits and copyright line on the CD. He answered that this entire proposal was not an option for him. For sales of the CD production he eventually received a check for a little over \$ 300. For author's rights though, no residuals due from BKI were ever received by any copyright society to this day. I do not know whether the latter applies to all the music she uses in public.*

Later on I was told that Katie had said my husband had become greedy. There is more to this story, but that isn't relevant here.

### The list continues – chapter 22

The next point on her list was, *'Also, I haven't determined to have the Amsterdam event translated yet as your high profile is being seen as overshadowing other ITW facilitators and I love that it has served you and so many so well for so long'*. I actually didn't know how to respond to this. So far I was only getting reasons based on hearsay. I told her that I was booked for something else during her Amsterdam dates, because I had already heard she didn't want translation, however I would be happy to reschedule, so that she could still change her mind about translation. I did reschedule my engagement and let her know, but she didn't respond to that and never contacted me when she was in Amsterdam. Later on I mailed her a PS about this remark: *'I respect your and others' opinion, and there is not a lot of notion of overshadowing anyone inside of me. I can't seem to think in those terms. I also never got this from other facilitators here in Europe. I don't regard myself as being particularly successful. What I do, has nothing to do with expanding, or growing as a company, or even being a company, or reaching a lot of people, or making a lot of money, or getting a reputation, or having an agenda to be regarded as special. It is not about any of those things for me. It mostly feels like hanging out with friends and sharing The Work in a place where all of us are equal. In my programs I get to do my own Work as well, I get feedback from participants, and I get to go in and own it. It seems that the feedback you received, was given by Americans, who saw an old bio on my website, but who have never been to my workshops'*.

Her next point was, *'Also, certified facilitators must mentor a minimum of six months out of every two years to be active on our official website and you were unable to participate when we talked last as I recall'*. We actually never spoke personally about this, it all went through Maggie. I told her that she was right, and that I had no time to work as a mentor. I also told her that I personally know of Dutch (and American) certified facilitators, who are on the website, who have been excused to do mentoring, simply because their business or private life doesn't allow it. I asked her why she was applying double standards, but never received a response to this.

Then she said, *'Also, Loving What Is is the text for The Work and I have heard that you don't recommend it on your site with the books that you do recommend. I don't know that this is true'*. I told her that I always recommend that people at least read *Loving What Is* before they come to my training program. All of her book titles had been on my website, until the point where she was not responding to my emails after she had taken me off. It no longer felt right. But now that I heard from her, I put them back.

After this list of reasons why she took my name and profile off of the facilitators website, she took some quotes from my website and wrote me her comments:

*As managing director and coordinator for BK International and The Work Foundation in Europe she oversaw public relations, marketing, and event coordination. In 1999 Janaki completed The Certification Training Program with Byron Katie (Author of 'Loving What Is', Harmony Books) in the U.S.A.*

*Katie's comment: Grossly exaggerating your functions. Also, you post comments about yourself as though you are not the director, the one posting the comments about yourself; not directing your own site.*

Janaki has become one of the most prominent facilitators of 'The Work of Byron Katie'.

*Katie's comment: This is not necessarily true. Also, the comparison with other facilitators has a smelly flavor.*

And she just said that I am overshadowing other facilitators. It sounds like a contradiction.

### **Ken Keyes – chapter 23**

After these emails, I spoke with to an old friend who used to know Katie from years before I met her. He said, *'And she got most of The Work from the Course in Miracles, because they were all reading that in the halfway house, that is where the turnarounds come from. She also told us that she was reading books by Ken Keyes when she was at the halfway house'*.

I had never heard that name before and I became curious. I Googled him, and learned that Ken Keyes had a personal growth center in the 70's in Oregon. I found some quotes by him on the internet, that could have been Katie quotes. Quotes like, *"A loving person lives in a loving world. A hostile person lives in a hostile world; everyone you meet is your mirror."* and *"Everyone and everything around you is your teacher."* and *"I have everything I need to enjoy my here and now-unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future"*.

I became more curious and ordered some of his books. I was amazed. He called his process *The Inner Work*. He worked with worksheets that consist of 6 uncompleted sentences. I found a list of all the questions that are on the worksheet from The Work: I want, I need, he should, what I never want to happen again. I also found some of the questions, especially the 3<sup>rd</sup> question was literal, including the answers that are given to that question. I found the turnarounds, exactly the way they are done in The Work. And there was a lot more.

I scanned everything that is relevant to The Work into a pdf document and sent it to Katie. I emailed her: *"Recently someone told me that you were reading books by Ken Keyes Jr., while*

*you were at the halfway house. Having read several of his books, I put together this document, since it is highly confusing to me. The confusing part being that you always told us that you never had any teachers, or read any books, and the fact that it says on your bio on your website that: "Katie's process of self-inquiry, called The Work, didn't develop from this experience; she says that it woke up with her, as her, that February morning in 1986". Would you please explain this?"*

*Katie replied with, 'As to the Ken Keyes pages, I love that there are so many ways of saying the same thing as we all journey through our own experiences. I think the big difference is the four questions and turnarounds. That is The Work.*

*Stephen also wrote me a note, P.S. from Stephen: Dear Janaki, My goodness! Anyone who knows Katie knows that she doesn't read books. Furthermore, even if someone had been with her at the halfway house, even if that someone had given her homework assignments from Ken Keyes, how could he know that she actually read the books? Was he hiding underneath Katie's bed? It must be painful to believe that Katie is a liar and a rip-off artist. In addition to the Keyes books, I could find a hundred books on spirituality or cognitive psychology where there are echoes of Katie's words. And I could find even clearer echoes in the words of the Buddha. But nowhere are there the four questions and turnarounds, which are The Work. If you can't see Katie's astounding originality from comparing the passages that you sent in the pdf, then you're not seeing very clearly, in my opinion.*

*Very surprised, very amused, and with love, Stephen*

*I answered him with, Hi Stephen, Painful? No. Confused? Yes. That is why I asked. If it were just echoes, I probably wouldn't be confused. Liar and rip-off artist are your words, not mine. I love that you are amused. Janaki*

I let Katie know exactly who had given me the Ken Keyes information. After that, I received an email from my friend, saying that upon reflecting, he and his wife could not confirm that Katie had actually told them she read the Ken Keyes books. But that back in the early days, they kept pointing out the similarities to her, between Keyes' work and her own.

I never got a response to my answers to her email.

About half a year after posting this weblog, I spoke to someone who used to live in Barstow in the early Katie days. This person told me that the basement of one of the houses was filled with boxes of books. He found all kinds of books: The Course in Miracles, all the Ken Keyes books, books by Ramana Maharshi, books by Richard Bandler, just to name a few. Many of the books had underlined sentences in them and contained notes in Katie's handwriting.

So Katie used to read books, and why not? What I don't understand is that Stephen Mitchell tells me that anyone who knows Katie, knows that she doesn't read books. So he either didn't know about the basement filled with books, or he just wanted to mock me in his email response.

Another interesting piece of information was that Paul (Katie's second husband), used to talk about how she was reading all the time in the early years.

You can download the Ken Keys document through

<http://www.theworkingcompany.nl/keyes.html>

### **My feedback to Katie – chapter 24**

From my emails to Katie:

*What keeps coming to my mind again and again is why the copyright issue is such a huge one? Why do you need to claim this in the way that you do? What are you afraid to lose?*

*All the reasons that you gave me for my removal from the facilitators list seem to be based on hearsay, and they were either extremely petty or simply untrue. I keep having the feeling that there is another reason why this happened, behind all of it, and that you are not saying what that is.*

*On the other hand, I can also see how it is a blessing that you have removed me from your facilitators list. In this you have freed me. And I thank you for that. My loyalty to you would have been far too strong to ever have done this on my own. And obviously it was needed.*

*This is all I wanted to say to you darling. And this too: I love you very much, and I am forever grateful to you for coming into my life and teaching me about this wonderful thing. I am grateful for all the years that we spent time together, for all the good times and the sometimes hard times. I am grateful for all the feedback you gave me and all the love you showed me. I am grateful for our friendship'.*

I sent Katie another email to explain to her why I had sent her the Ken Keyes document: *'It wasn't a random 'echo' like Stephen seemed to think. My friend said to me that you had once told them you were reading Ken Keyes at the halfway house. Of course he could be wrong, but unless indicated otherwise, I have no reason to doubt this when he tells me so. So when I saw the books, and saw the very many and very close similarities, formats and the sometimes exact same literal statements, how could I not think that Keyes might have been your source of inspiration? And I would love to stand corrected. It was just a question that*

*came out of my confusion. It is amazing that Stephen would imply that I am saying you are a liar and a 'rip-off artist', because that is not what I had in my mind. If Ken Keyes indeed was your source of inspiration, then you did a beautiful job at rephrasing him and making it clear and simple, and of course you came up with the format of four questions and a turnaround. No one else did that.*

*We all know what this has done for thousands and thousands of people, and still does.*

*The point is that you are accusing me of illegal copyright, and that you even said this publicly during the staff meeting in Amsterdam. In doing so, in making such a statement in front of a lot of people who know me, linked to my removal from your facilitators list and not having me translate, you have hurt my reputation and credibility. This is not right.*

*And I can't know that this is true, but I base it on the many questions I get from a lot of people.*

### **More feedback to Katie – chapter 25**

*I said to her that I didn't want to be back on the certified facilitators web page for the following reasons: When I look at the home page of your website, it feels like I am looking at a Spiritual Home Shopping Network site. Everything on it either points to your product, or is for sale. If I were to buy everything that is on it, it comes to about \$ 25.000, and yet you claim The Work is for free. The only thing that is indeed for free, is the hotline, and that is not on the home page. Another reason is the promo for the interactive web application. In my opinion it is done in extremely bad taste and it looks like a trailer for a B-movie about a cult. It starts with a whining and crying voice, which would make this the first association for anyone new to The Work, the Star Wars-like music is horrible, and they could have used a better stylist for your appearance. It almost feels like people have stopped giving you feedback, or are afraid to do so.*

*I became so sad when I first saw it, the thought was: "Oh my God, what have they done to her". I see it as anti-propaganda for The Work, and even though it may work in the US, it won't in Europe, at least that is the feedback I have heard from a lot of European people.*

*Sometimes I get the impression that in your mind you are still dealing with an old image you have of Janaki. I get the impression that you are totally not aware of what it is I do here, and what takes place. That you are perhaps not aware of how many lives are being transformed and in what way. It is very radical and very lasting. If you could hear their testimonials, you would know, I am just not into doing a lot of advertising with this. It is also very small scale, but that is the way I want it. It is not my wish or aim to attract big crowds.*

*I love you, and that will never change. I don't love all of your ways, but I can see that this is how you need to do things apparently, and even though I can't understand it, I can see that I don't need to understand it, and that I can love you in spite of it'.*

After this last email I received a response from Katie's assistant, it said, '*Katie says hello, love and thank you'.*

There was a post on the forum of the institute by Katie that people no longer receive credits for my training program, and some people received an email from Paula that said, '*We are pleased to let you know that many of the Certified Trainers in Institute for The Work are now offering similar courses in Europe and the United States' (this email was sent in response to an inquiry about my training programs).*

### **Full Control – chapter 26**

After Katie had removed me from the facilitators web page, enrollment for The Working Coach training programs dropped immediately and drastically. For the past 3 years, The Working Coach has been my core business. Within 3 years I had conducted 3 coach trainings in the UK, 3 in Sweden, 7 in the Netherlands and 1 in Denmark. With every training, the enrollments came earlier and the waiting lists longer. When I cancelled the Working Coach for the UK for January of this year, I initially thought that perhaps it also had to do with the recession that is going on. But I heard that when Katie visited London in January, she asked if everyone who is in the certification program would stand up, and about 30 people stood up. Then I understood what has happened. When Katie created the certification program, immediately the demand was born. Everyone seems to want to be a part of it. I can understand why: your picture and profile will be published on her website, which means that you have her full approval. A lot of people hope and expect that this will bring them clients. And if you are willing to pay BKI a percentage of your gross turnover, you can even have your events posted on the BKI events calendar. One of the requirements in the certification program is that you spend a total of 25 days doing programs with Katie. Especially for Europeans, this may result in a very expensive affair, especially when you add all the traveling and hotel costs on top of the tuitions. To make up for this, they allow people to spend 10 of those 25 days with what is called a 'Certified Trainer'. This means that you are fully certified by Byron Katie and that your program has been approved by her. In this way people get 'credits' for attending external programs. As used to be the case with my programs too.

### **Monopolization – chapter 27**



This is a genius set up and it also monopolizes the market of potential The Work clients who are interested in becoming a coach with The Work. When I realized this, I understood why people would no longer be interested in attending my training program. It is not personal, it will just cost them extra money. It also speaks of full control of who gets to offer what, and where others will go to attend it. The control also became obvious through a post by Katie on one of the forums on the website of the Institute for The Work. In this post she says, (when talking about the event in London in January 2009) *'...I asked for only facilitators training within the Institute for The Work to stand. It felt so right to recommend, at both of these events, **the amazing gift of those of you Working every day, selflessly, to the practice of your own inner being, within the powerful structure offered through your Institute for The Work***'. What I am reading here is that she wants people to stick to the structure that she is offering. I remember that years ago she would say, *'for now, you just stick to how you learn to do The Work, but ultimately you will develop you own fingerprint'*, and she would hold up her finger to illustrate this. My other thought, when I read this sentence was, *'When she took my name from the list, it wasn't **my** Institute for The Work, it was definitely **hers**'*.

### Perfect & Untouchable – chapter 28

Katie says, *'I am here for your projection'*, and *'I am what it looks like on the other side' (of doing The Work)*, and *'You are what is left of my story'*. For me this always meant that she had risen above and beyond all earthly vices and negative emotions (she has become perfect and untouchable). If she is here for our projection, it surely must mean that she no longer projects herself. If she is what it looks like on the other side, it surely must mean that I still have a long way to go, since I am nowhere near that point. Then she would also say, *'It's not called The Work for nothing'*. So in all appearances, I still had a lot to do.

This is being reinforced by Katie's stories about her personal life in *A Thousand Names for Joy* and in the various Katie-isms booklets and newsletters. It paints a picture of a woman who is never unhappy, who has no negative emotions left and who can deal with any situation in a peaceful way, because she is the living example of *Loving What Is*. I have heard Katie say several times (on stage), that she hasn't been angry ever since her awakening experience. To prove this she will ask Stephen who sits on the front row, *'honey, have you ever seen me angry?'*. His answer is always the same, *'No, I haven't'*.

In private, I have rarely seen Katie go in and make turnarounds. Not with any of the feedback she ever gave me, or with any of the feedback I ever gave her. If I would give her feedback, she would immediately call me on the turnaround and want examples.

She told me in her feedback that there was a smelly flavor in the way I compare myself to other trainers, yet she says The School is unlike any other school on the planet. Is this not a comparison?

I have seen Katie get irritated and angry at people. I have seen her stressed out. I have seen how she doesn't stay in her business, every time she gave me feedback, she went into mine. I have heard her defend, justify and explain. I have often seen her as someone who goes into a story and doesn't question it. I have experienced how she believes the stories reported back to her by her staff members and doesn't question those stories, or checks with the person involved.

### Love – chapter 29

*And of course there was also the love and the sweet emails. 'My dearest Janaki, I see all the dear sweet things you do behind the scenes, the itinerary book was outstandingly beautiful and well done, as usual. I am so grateful. It made my life so much simpler on this very long path and tour. Thank you for the bedding. I am more rested because of it than I have ever been on a tour. The loving way that you cared for me touches my heart so deeply I cannot tell you. Every time I pour water, dry my hair, each time I sip my tea, or plug in my computer, I think of you. The fragrance of my favorite candle feels as sweet as my thought of you. I left 200 euros in the box with the water filters etc. in it. I hope this is okay with you. Please use it for your dear life. Thank you for not only moving me but moving The Work in Holland. I love you. Gratefully, kt'*

*Dearest Janaki, Thank you, sweetheart. I am so grateful to be starting from a whole different way of communicating The Work in Europe. I feel, as I'm sure you do, that the communication between Rob and me is consistently clear. I absolutely love that you are still willing to translate what I say at events and schools: no one does it better. Thank you also for supporting Rob with ideas and experience, as he speaks for me and takes over the immense job of producing the tour in Europe for 2004. And I also look forward to our personal time together as usual, and to the tour book that you do so beautifully, as it unfolds from Rob. I am so grateful that you are in my life and for all the people you touch through The Work in your life as a volunteer, as well as in your seminars and other personal events. I am so proud of you. I feel like your mom. I love you, kt'*

### The Work versus Therapy – chapter 30

Katie emphasizes very strongly that The Work is not therapy. She has always done this. On the Release of Liability form for The School it says, *It is not therapeutic in design*. I was always completely in line with this, and whenever anyone would compare The Work with therapy, I would argue against it quite strongly. The comparison that I heard most of all was with Cognitive Therapy. Last year I realized that I actually had no clue about Cognitive Therapy, (or any therapy), so I decided to buy a book and see for myself. I ordered a book

called *Feeling Good* by David Burns. I was amazed, and I came to the conclusion that The Work indeed comes very close to Cognitive therapy. I have to keep referring to Cognitive therapy, because I know nothing about any other kind of therapy.

Personally I don't see any harm in this, but I can understand why Katie needs to emphasize that The Work is not therapy. After all, she is not a licensed therapist and nor are most people who are licensed by her to facilitate others with four questions, and America is the country of the 'Sue you, Sue me' culture. So precautions need to be taken.

In *Cry in the desert*, there is a story where Katie would say to Paul, 'take me to my people'. He would then drive her to Los Angeles, to the area where homeless people used to hang out. Later I learned that she was in fact looking for a lady therapist that she knew from the halfway house. I also heard that this lady lost her job at the halfway house over Katie and was now homeless and living on the streets. This last piece is just hearsay, and I can't know that this is actually true. The story has it that Katie would then stay with her for a couple of days before Paul would collect her again. During the first Certification training in the Netherlands, this therapist came and attended. There was a little buzz going around the staff, because it was quite unusual to have people around from Katie's past. At the end of the Certification Katie stood on the stage. All the participants were standing in half a circle, waiting for their names to be called (it was quite small in those days, only 60 participants). When your name was called, you would walk up to the stage and Katie would hand you your certificate. When Hannah's name was called, she remained where she was. She looked at Katie and said, 'Katie, I want **you** to step down to me'. Katie said, 'Hannah, I already have'. Hannah just stood there and didn't say anything. Katie did the same, but finally stepped down from the stage and handed her the certificate. Only Katie and Hannah know what the reason was for this behavior.

However, Katie *does* make a comparison between The Work and therapy. On one of the forums on the Institute for The Work website, there is a 'topic of the month' forum. Katie posts a new statement each month, and people get to discuss this, or reply to her question why she is saying this. In February 2009 the topic of the month was, '*What happened? If someone has had panic attacks for years, and they have done therapy and many self-help methods, and then they do one or two one-hour sessions with you and never have another panic attack, why would this be? From your own experience, internally what happened?*'. From what I read here, it seems to me that she is making a direct comparison between The Work and therapy (and self-help methods), by claiming that The Work is far superior, even though it is not said in so many words. (*Ah... this is where the power of literal listening and literal speaking steps in!*).

This is very interesting. What comes to my mind is this: when I look at an infomercial on the television, I hear only the benefits and all the reasons why I need to have this item they are advertising. And to be honest, I want to have nearly everything that I see on nearly every

infomercial! When I see the little movies, I am fully convinced, the proof is right there in front of my eyes, and all these people that tell their experience, surely they can't be lying? Then when I look up the so much wanted item on Google (and my husband thanks me for this!), I get to hear all the other sides and the downfalls. In the infomercial they say, *if you get this grill or turbo oven, you can throw away all your other pots and pans*. And basically what I hear Katie say here is, *if you do The Work, you can throw away all therapies and self-help methods*.

### **The Work – chapter 31**

Answering the questions of The Work and then making the turnaround is presented as a method of unraveling the grip of compelling and traumatizing thoughts. It can bring about a momentary sense of relaxation and freedom from stress. It appears to be simple in its format, easy to do, and people may experience instant relief of the effect of a stressful thought.

This sense of relief can also function as a trap. Someone who has been caught up in their traumas and dramas for nearly a life time, who has never been exposed to anything that offers them a different perspective on what is going on in their lives nor any form of self reflection, will nearly always feel this sense of relief. But then we often get to see how this new 'thing' they tried becomes the last straw they are holding on to, and instantly a new religion is born out of their need to identify with something.

In the beginning, The Work was offered by Katie through donation programs only, so many people saw it as being offered for free. This could be the reason why it has drawn so many people towards it.

The Work is still offered for free on Katie's website, the entire process is explained there, and you can download all the necessary materials to do The Work. You can also call the hotline and be facilitated. However this is *all* that is free. On her website you are enticed to join The School, advertising it as something you don't want to miss, to join the Certification Program, to sign up for the Turnaround House, to sign up for the web application, and to attend a variety of events. These are far from free. I am not saying that they should be, but here 'free' becomes quite an overrated concept.

In retrospect, one can see that this is a wonderful way to draw large numbers of people. Easy, Free and quick Results. Who doesn't want that?

Four questions and a turnaround are a useful tool for experiencing momentary freedom from the stronghold of the mind. But they are a *tool*, nothing more, nothing less.

Some friends of mine accidentally came up with a new way of doing The Work. We call it *Co-Working*. In co-working, the entire role of the facilitator is annihilated. There is no longer a difference between client and coach. There is no tendency of anyone stepping into the role of a therapist. It is more like a sharing among friends. So far, everyone who has tried it, loves this new format. Some people have said that it takes away some of the heaviness and feelings of guilt that they used to experience when doing The Work in the original way.

### **Institutionalization – chapter 32**

When a method seems to work however, sooner or later the tendency arises to elevate it to a higher status, to start comparing it to other methods, and to advertise it as if it were the best thing on this planet. Sooner or later institutionalization takes place, an organization is born, protocols, rules and regulations are enforced, structures are offered, do's and don'ts sneak in, and overall control becomes a fact. Sooner or later that very same organization starts to offer training programs for large sums of money. We see this happening all across the board, there are so many examples.

When institutionalization happens, then the need to control those that are part of this institution arises simultaneously. This happens under the pretext of 'quality control'. This is becoming evident by a post made by one of Katie's staff on one of the forums of the website of the Institute for The Work: *As Katie would say, it is her job to get The Work out in the world through the Institute's certified facilitators and to support each one of you equally as you to take The Work out into the world at the highest, clearest, kindest, no-competition level.* The question arose in me: Is Katie on her way to making The Work exclusive to those certified by her?

Some people simply don't take to The Work, are not attracted to it or just don't like it. For some people therapy works very well, or Avatar, NLP, Bio Energetics, satsang, the Journey, The Great Freedom, Deeksha, being hugged by Amma, Landmark, Tony Robbins, etc. The list goes on forever. Every single one of these methods for the achievement of personal growth, freedom from suffering, obtaining inner peace and relaxation, work for some and don't for others. *But that doesn't make one better than the other.*

Many websites that go with any of the above mentioned names or movements, claim that they are the answer to all suffering, that they can lead you to your hidden potential, permanent joy, etc. I can only see this as a marketing strategy, it has nothing to do with what is on offer.

There is so much out there to help make the mind's prison more comfortable. For me, this is exactly what The Work or any kind of self help method will do for someone: it rearranges the furniture in the mind's prison, offers a momentary relief and makes it more comfortable.

Anything that promises more, is misleading, at least according to me. To actually seek out something that will do this, is a very wise and intelligent decision. Just like it is a wise and intelligent decision to visit a dentist when you have a toothache. But visiting a dentist doesn't mean that toothaches will never come back, just like doing any of these self help methods (including The Work) doesn't mean that suffering will permanently end.

And we all want the spiritual jackpot, we are all after the great prize. All these masters that serve as role models have apparently gotten it. Why not us? So if something promises inner peace and untold never-before-experienced joy, we go for it!

I have thoroughly walked the guru path and have seen it happen over and over again and not just with my own gurus. We have seen this with Osho, with the Maharishi, Andrew Cohen and countless other Indian masters, but also with Scientology, Jim Jones, and the Reverend Moon.

### **The End of Suffering – chapter 33**

'The end of suffering' brings me to my own personal loyalty conflict that I have been experiencing towards Katie for several years. I would hold back when addressing this, because I didn't want to contradict her publicly.

I find it highly misleading to promise people 'The End of Suffering'. It is a sublime marketing phrase. As I am typing this, I can almost hear Katie say, *'not to end it forever, just for now'*. Wonderful words, and they *still* hold a promise of a lifetime of everlasting joy.

Katie says that The Work isn't about improvement and you shouldn't do it with any other motive than the love of truth. For a long time I would faithfully repeat this, however I can see now that saying the only motive is the love of truth, is the same as saying it will bring you the end of suffering, only with more evasive and misleading words.

Even though answering the questions may bring about a relief in suffering; suffering will continue to arise. You may learn to look at it in another way that is more productive, you may learn to deal with it in a way that is less self-destructive, but it *will* arise.

I object therefore to the way The Work is being promoted on Katie's website. This is what it says about The School: *'This is the **ultimate** inner adventure. **Unlike** every other school on earth, this one isn't for learning-it's for unlearning. You'll spend nine days losing the fear-based stories you've innocently clung to all your life'*.

I have heard Katie talk about a planet without war through ending the war inside of you. I have heard her talk about the end of violence. I look at nature and I see violence. Are we going to end earthquakes and tornadoes and tsunamis?

### The Rules and a new Religion – chapter 34

Katie has often called The Work '*check mate*'.

Check mate means 'no way out', it is the end of the road. I can see why it is said that The Work would lead to this. Nowhere to go, no one to blame, nothing to point your finger at. It shows us how we have identified with the victim role. According to Katie, the victim is always violent.

When you write a worksheet, you confess your hidden thoughts of blame and resentment. When you question the thoughts, turn them around and give examples of the turnaround, you repent. When you make amends with the person you were so resentful of, you receive absolution.

It seems to me that The Work has become a religion that is now taking on global forms, especially when I see how it is being marketed through Katie's various websites and her weblog. The four questions have become the holy bible. I get that thought when I hear Katie say that *Loving What Is* is the **text** for The Work. I get the feeling that the word *text* has an scriptural association, as in *Holy Text*. I also get that association with the *Judge your Neighbor worksheet*. When I needed to translate this phrase into Dutch, I told Katie that we have 2 translations for the word *neighbor*. One is literal and applies to the guy living next door, and the other has a biblical connotation. She chose the biblical one.

Many years ago, I sat with Katie in her room one morning. She was talking about the future of The Work and she said, '*I have seen it Janaki, it is going to be like the Sermon on the Mount*'. I felt so in awe of her at the time. Here I was sitting with someone equal to Jesus Christ, having tea on the balcony.

There are certain 'do's' and 'don'ts' within The Work.

One of the 'don'ts' is that you don't defend, and you don't clarify, justify or explain. Katie demonstrates this wonderfully on stage, or in the School. She will say, '*if someone says I am terrible, I go in and find it, and it doesn't take me very long*'. This is wonderful when it is demonstrated for role modeling purposes.

Then there is *The 3 kinds of business*. The three kinds of business basically tell you to keep your nose out of other people's business, and to stay present with yourself. It is said that whenever you feel uncomfortable, you are basically minding someone else's business.

One of the other 'don'ts' is called *Story*. Within The Work circles, it has become a standard phrase to say to someone, *You are in a story now*. In the certification program there is a lot

of emphasis on how to bring people out of their story back to The Work. Facilitators are being warned about not going into their client's story.

This is all great when it serves me to look at myself rather than at someone else, it is called 'noticing a blind spot'. This is great when it helps me to see how I behave when I am identified with the victim role. This is great to detect hidden aggressive behavior or irrational belief systems.

I am noticing however, that it can also be used as a system of protection. Just take a look at the do's and don'ts. Within the work circles you are already wrong by definition if you defend, explain or justify. With a lot of things you say, you can be questioned and trivialized with: *Whose business are you in?* or *But that is just a story.*

I would love to see The Work in its proper perspective. If it becomes the new religion, then it is inevitable that it would draw along with it all the symptoms I described earlier about institutionalization and control. This strikes me as unhealthy.

Personally I see The Work as a tool that can sometimes help me to see a thought or a condition for what it really is: a phenomena that has just arisen. This *seeing* actually feels like something impersonal, it feels like seeing something outside of a judgment, in the same way that I see the view from my window. It feels like my thoughts are being seen, without any labels on them of wrong or right. It feels more like they are *being seen*, than actually me looking at something. And in that, the sense of shame and guilt can fall away.

It is my experience that in the moment that seeing takes place, the thought loses its grip. It is also my experience that this can happen at any time and any place. I don't need to be doing something specific for this to take place and this seeing may or may not happen when I do The Work. Sometimes doing The Work may help to create an environment where this seeing can sometimes occur.

### **Ultimate Freedom – chapter 35**

The Work doesn't lead to ultimate freedom (or enlightenment), simply because nothing does. It did not for Katie. She developed The Work much later on, according to the earlier versions of her experience in the Halfway House with the cockroach. Freedom doesn't depend on anything we do, freedom isn't under our control and won't be manipulated. Freedom will bring itself about on its own in its own time. Freedom is already everything there is.

We are all caught up in a sense of separation anxiety. However separation isn't a thought that can be undone. Separation is an actual energetic contraction that happens very early on in life. The mind is capable of anything imaginable, except enlightenment or total freedom. (I



*am freely quoting Tony Parsons here*). After this separation, we abide in the prison of the mind, and the seeking begins. We all want to go back home. Anything that promises a way out, will be taken on board. When the newly found method apparently gives an initial release, then it will demand loyalty, dedication, selfless service and most of all, lots of money.

We all have the experience that we function out of a center. It is the sense of self; the center we call 'I', and some people call it 'ego'. There have been many books written and discussions held about what exactly this 'I' is, and apparently the consensus in a great variety of methods and philosophies is that it needs to be eradicated in order to obtain total freedom. I try to stay far away from these discussions, because I realized that I really have no clue. What I *did* notice however, that coming from this center, we seem to have a few things in common with each other. There are two things that jumped out for me: we all want to be special, and hiding underneath this desire is the thought that we also really *feel* we are special, and we all think we are right. This can be the reason that sometimes we start to believe in our own legend or myth.

They are actually discovering a lot about this 'sense of Self' in the scientific world, and there are several publications in which the author proves that the sense of 'I' is simulated by our brain, in order to deal with the world around it. (*Google Libet and Thomas Metzinger*). There is a lovely book by a person called Gary Crowley (*From here to here*), which talks about neurological programming, and how our brain controls our reactions and behavior to a far greater extent than we would like to believe. Tony Parsons discusses this topic in his gatherings and a lot is explained beautifully in his book *Nothing Being Everything*. One of the things that stand out is how our brain tricks us into believing how special we are, and that we are so right all the time. Talk about the cosmic joke.

### **Motives for doing The Work – chapter 36**

Katie tells people to never do The Work with the motive of getting something. She says that the only reason for doing The Work is for the love of truth. At the same time she promises the end of suffering, no stress, improved relationships, a life filled with joy, etc. To me this is a contradiction and also highly confusing.

Most of the people that I know who do The Work, do it to get out of a bad feeling. In other words, to become happy. We all seek pleasure and want to avoid pain. There is nothing wrong with this. It is what we all want, all day long. However, people who keep doing this are noticing that it ultimately stops working, like any other substance that you use to alleviate pain. You need your fix faster and in a higher dosage.

The certification program consists of hours and hours of doing The Work. It is constantly being stressed that the only way to become a good facilitator, is by doing it yourself all the time.

Why do questions that are marketed as being so very powerful, need to be asked over and over again? Wouldn't you think that once is enough?

### Downsides of The Work – chapter 37

After reading this chapter, someone asked me: "So what has The Work done for you?" I told him that when I did The Work for the first time, there was a huge shift in my relationship towards my mother. I have noticed that people who generally have not been exposed any form of self reflection or self inquiry, may experience a profound opening when they do The Work for the first time. But this can happen when they do any form of practice, like meditation or whatever. There are people who think they are doing The Work wrong, because they still get angry or sad. After all, Katie says she hasn't gotten angry or sad since 1986, and she is the role model for The Work. She also says that unless you love your enemy like your dearest friend, your work isn't done. These are lovely words, but they paint a picture of what you should look and be like in order to reach the final destination. If you don't, then the implication would be that you haven't understood it properly or haven't mastered it yet.

I have met people who use The Work to shame themselves with the turnarounds.

I have met people who use The Work to make right what isn't.

A friend told me recently that someone scraped together \$ 20.000 to attend the Turnaround House in Spain. This person's sole reason for doing this is because he wanted to be close to Katie for a month, because he loves her so much. Apparently it was never clear through the marketing for this particular Turnaround house that Katie wouldn't attend this event in person. Unless of course they counted her Skype sessions as being actually present.

When I recently spoke to him, I asked him if he assured himself that Katie would be present at this particular turnaround house. He told me that he had a letter of her saying she would be there.

But what really baffled me is this, my friend then told me that this person did The Work a lot to make this feel right again. And my thought was, '*so **that** is what people use it for? Wow*'. And I can also see the bigger picture. Doing The Work could bring him to the place where he thought he **had** to spend a lot of money so as to get something. There is no doubt about that. However, I think they should have been very clear in their marketing that Katie wouldn't be physically present in this particular Turnaround House.

Another person has done The Work for a very long time and is very dedicated to the cause of spreading The Work worldwide. She had sold her house, moved to another country and became miserable. I was on the phone with her once and I said to her, *'I bet you are writing worksheets all day long, then you do The Work, you feel good for about a minute, and then it starts all over again'*. She told me that that was exactly what was happening.

I know people who made the conscious decision to stop doing The Work and who felt greatly relieved. One particular person I am referring to here was doing The Work all day long, to get out of her anxiety. She said that she found a therapist who claims that he is treating a lot of people whom he has advised to stop doing The Work because it doesn't seem to help them and it increases their sense of shame and guilt.

There was a girl in one of the recent Schools in the States. During one of the sessions Katie had done The Work with someone. Afterwards this girl stood up and gave Katie feedback. She commented that she actually didn't experience Katie as kind and that she also didn't feel it was very appropriate what Katie had said. Later on in her room, she was visited by a staff member who gave her the message that Katie wanted her to pack her bags and leave immediately. I personally have witnessed this before, that people were asked to leave a School. Katie's explanation was, *'it can hurt the curriculum'*.

What I have seen around Katie, is that this kind of behavior is being justified by, *if they don't like it, they can always do The Work*.

The Work can also bring about a strong feeling of dissociation, which is often accompanied with feelings of bliss and well being. There is nothing wrong with this. However freedom and dissociation aren't the same thing, even if they often are mistaken to be the same thing.

### **The Open Secret – chapter 38a**

Quote from *The Open Secret* by Tony Parsons.

*I used to believe that people actually became enlightened, and that the event was similar to someone winning the jackpot in a national lottery. Once the price had been won, the beneficiary would thereafter be guaranteed permanent bliss, infallibility and incorruptible goodness.*

*In my ignorance, I thought these people had obtained and owned something that made them special and totally different from me. This illusory idea reinforced in me the belief that enlightenment was virtually unobtainable except for an extraordinary and chosen few. These misconceptions sprang from some image I held of how a state of perfection should look. I was not yet able to see that enlightenment has nothing to do with the idea of perfection.*

*These beliefs were greatly strengthened when I compared my imagined inadequacies with the picture I held of whichever 'spiritual hero' I happened to be attracted to at the time.*

*I feel that most people see enlightenment in a similar way.*

*Certainly there have been, and still are, many who seek to encourage such beliefs and who have actually claimed to have become enlightened. I now see that this is as pointless a declaration as someone proclaiming to the world that they can breathe.*

*Essentially the realization of enlightenment brings with it the sudden comprehension that there is no one and nothing to be enlightened. Enlightenment simply is. It cannot be owned, just as it cannot be achieved or won like some trophy. All and everything is oneness, and all that we do gets in its way by trying to find it.*

*Those who make claims of enlightenment or take certain stances have simply not realized its paradoxical nature and presume ownership of a state they imagine they have achieved. They are likely to have had a deep personal experience of some kind, but this bears absolutely no relationship to liberation. Consequently, they still remain locked in their own individual concepts based on their own particular belief systems.*

*These people often need to take on the role of 'spiritual teachers' or 'enlightened masters' and inevitably attract those who need to be students or disciples. Their teaching, still rooted in dualism, inevitably promotes a schism between the 'teacher' and those who choose to follow the teaching. As the following increases, so does the exclusive role for the master need to be enhanced.*

*One of the usual symptoms, when such a role has been adopted, is a clampdown of any admission or sign of 'human weakness'. This condition usually creates distance between the 'master' and his or her followers. As the specialness of the 'master' becomes more effective, and the demands of the followers become greater, so invariably do the teachings become more obscure and convoluted. As the obscurity of the teaching increases, so does the schism get wider, and many of the followers often become more confused and submissive. The usual effect on those involved can be unquestioning adulation, disillusionment, or an awakening and moving on.*

*However, these kinds of influences have established and maintained an illusory sense of doubt and inadequacy in the collective unconscious about people's ability to open to and realize something that is as natural, simple and available as breathing.*

*Those who have fully comprehended and embraced liberation have absolutely nothing to sell. When they share their understanding, they have no need to embellish themselves or what they share. Neither do they have any interest in being mothers, fathers or teachers. Exclusivity breeds exclusion, but freedom is shared through friendship.*

Tony Parsons makes a clear distinction between 'Awakening' and 'Liberation'. Most people have 'awakening' experiences. Experiences where they suddenly feel at one with everything else, experiences where the 'I' no longer seems to be present, experiences that are impossible to put into words. He also says that when awakening is not followed through by full liberation, it can make a turnaround and then can lead to self glorification.

When I read this chapter in the Open Secret, something happened. It seemed as if the entire notion of shame and guilt sort of clenched together into a ball, flew out my body and out the window. Something very, very deep inside of me seemed to unravel, unwind and relax. It felt like a huge weight lifted off of my shoulders. I call it 'becoming shameless'. It was the sense of shame and guilt that covered my feeling of being unworthy. It hasn't returned so far, and 'shameless living', in the most literal sense of the word, has become my motto, and perhaps an expression of something rebellious that wants to come out and express itself.

#### **More quotes by Tony Parsons – chapter 38b**

*Of course many people have some kind of personal spiritual experience, and this convinces them that they have become something called 'an enlightened person'. There is no such thing, but still they often communicate a teaching of personal attainment and claim that they can help others to reach a similar state.*

*A lot of these people have been involved in a process of some kind. What then happens is that they seem to move out of the sense of there being a 'me' and they go into a state of deep detachment. That is the initial pre-opening to enlightenment for many people. This isn't fixed, but let's be very simple about it and say that for most people non-identification can happen.*

*And it is quite common to hear so-called 'teachers' using non-dualistic language and then directly contradicting the real meaning of non-dualism by recommending processes and practices to presumed individuals. Many highly revered gurus and teachers, past and present, are classified as communicators of the advaita-vedanta tradition by the so-called experts and the general public, when in reality their teaching is dualistic. This kind of contradiction is either rooted in a deep ignorance about the nature of liberation or it comes out of a need to satisfy a personal agenda.*

*And it's not special or exclusive, this awakening... it is the natural way. Tony Parsons has to pay the bills and Tony Parsons can get angry. Tony Parsons can do anything and feel anything that anyone else can feel. Anger arises. Boredom arises. Greed arises. It's fine! That's the game. That's the film that's going on, that's the drama that's going on. It is simply seen that what happens isn't happening to anyone.*

*In the search for enlightenment, the mind creates heroes. And the wonderfully clever thing about creating heroes is that you can always be sure that you can never be like them. There will always be figures who are great spiritual heroes. The person who decides to teach and become a master starts to talk to a few people, who then make him or her into a hero. They tell other people about this great hero and the other people come along too. And everybody is projecting on to everyone else. The disciples are making this teacher up, and in doing so, they're making their own position up too.*

*Master/disciple – it's the whole mind-set. We go on reinforcing the idea of 'I am under/you are above'. We want a daddy or mummy who is going to do it for us because we don't think we can do it ourselves. It's all a mind-game – the mind creates this figure which we then become devoted to and sit under in order for awakening to emerge.*

(Quotes taken from Tony Parson's book *All there is*)

### **A change – chapter 39**

I noticed a change in Katie when she visited the Netherlands in the summer of 2006. It was subtle, yet present. When I translated for her during the program in Amsterdam, it seemed that there was a highly developed stage personality present, that I hadn't seen before. It was smooth, ran on routine, knew how to play the audience and knew how to get laughs.

There appeared to be a certain urgency in her facilitation, as if she was in a hurry. She was directing people, seemed impatient, was talking faster, interrupted people and used the word 'I' more often than I ever heard her do before. A certain spontaneity, authenticity and magic were gone. I sensed the same kind of urgency when I watched the Katie and Oprah video's.

That same summer Katie came to my house for a dinner party, with several friends who all used to travel with her during the early years. It was like old times. Katie was fun and loving. The atmosphere was relaxed and intimate. We played games, like we used to do. Katie did a conference call from my back yard, sitting with her feet in my lap. Stephen Mitchell didn't come to the party.

The next year that she came, in 2007, the change was even more noticeable. This time I realized that it was no longer possible to have a normal conversation with her. She could only talk about herself, didn't give clear answers to direct questions, and seemed to have become obsessed with constantly talking about The Work.

### **Stephen Mitchell - chapter 40**

At the time of writing this story, I received an email from Stephen. It contained a link to Katie's Valentine newsletter, with the message: *Dear Janaki, I thought you'd get a kick out of this. Love, Stephen*

I noticed that in the newsletter he establishes himself as a connoisseur of eyes and an expert of spiritual masters. He could tell from their eyes that they knew *The Great Secret*. Upon looking into Katie's eyes, he says, *'But Katie's eyes were even more glittering, I felt, even more ancient, and so beautiful that I didn't know whether to laugh or cry with joy. The joy shining from them was something I had never seen before'*.

When I received Stephens email, my thought was, *'He is still hung up on the fact I once called him a spiritual snob'*.

I responded with, *Stephen, I wonder why you thought I would get a kick out of reading your story with Byron Katie and seeing the promotion of your new book. I thought it was weird and perverted that you sent me that email. Ever since Byron Katie monopolized the entire Work market with her certification program (especially in Europe), removed my profile from her website, denied people credits for my programs and suggests them to go elsewhere for workshops with The Work, I have had to cancel all workshops and training programs abroad. I have lost 80% of enrollment and thus 80% of my income. This is quite a serious matter. Perhaps you get a kick out of that. Janaki*

He immediately apologized and said he didn't mean to offend me.

\*Note from Janaki:

*So here it is: bitterness, resentment and perhaps sarcasm. I can see it myself, and can also feel grateful for expressing this honestly.*

One of my friends, who recognized himself in my story wasn't happy with this. He wrote an email to Stephen. I won't copy it here. In short, the email states how twisted I must be, how he never said what is written in my story, how it is a gross waste of time to read this blog, and how Katie and Stephen should never think that he would do anything to attack Katie. Stephen sent me a copy of his email (which I am sure he never intended to happen), with the following message:

Dear Janaki,

The following email is from xxx. I hope that his words help to calm your mind and heart around Katie, her love for you, and her pure intentions for a peaceful world, including yours.

Love,  
Stephen

From his email I realize that he fully assumes what my friend wrote is the truth, and yet again it was never checked with me. I also noticed he assumed that my mind and heart needed calming, so in my response to him I thanked him for his concern.

To my friend I wrote the following:

I realize that some quotes were too obviously pointing at you, even though your name is not mentioned there. I will change it in the story. At the time of writing I didn't think about this properly. I am truly sorry for that.

But for all honesty's sake, I had already told Katie that I got the information from you, after I sent her the Ken Keyes document. There was no way around that.

Aside from this, I truly don't understand why you seem still afraid to lose approval of someone you regard as a saint. Your letter seems nothing short of seeking that. Why can't you just own up to what you said? What is there to lose? You and I both know that your version of our conversation was twisted and contained lies and left out parts.

At the same time, I understand fully, having been in that position myself for years.

I never got a reply from Stephen.

### **Conclusion – chapter 41**

Perhaps I will lose friends over this publication, perhaps people will throw *The Work* back at me, perhaps people will feel offended. I don't know. It is not my intention to offend anyone. I *do* know that I need to tell this, and somehow, in the writing of this, many things were seen through.

It seems to me that people don't give Katie feedback anymore. Perhaps it is to protect all their invested time, energy, devotion and money. Perhaps they are afraid of her. I understand this only too well, I have been in that position myself. I also understand the fear, it runs deeper than most would care to admit, or even understand why. What comes to mind here is the tale of the emperor's clothes.

This story may indicate that there is a gap between the Katie personality in front of an audience and the woman Katie in private. Perhaps I am telling tales out of school, but Katie addresses every audience as '*my family*', and she says she has no secrets.

People seem to attribute many qualities to Katie, some of them being wisdom and insight. Qualities that are being attributed to many gurus, teachers and masters, and this keeps us firmly locked in the role of the seeker or the follower, emphasizing the fact that they have



reached a place that we still need to reach. I don't know if Katie has a wisdom and an insight, and not because I can't know that, but simply because I don't believe that anyone does. These concepts are often seen as possessions that some have and some others don't, and in my opinion they aren't possessions. I know that stuff comes out of my mouth which may often sound very clear, and I also know that it isn't mine. It has nothing to do with me. It has nothing to do with something that I 'learned' or 'understood' or a wisdom I might possess, it simply comes out. Like the air that comes out of my mouth, which has the same value as the words: nothing.

During the first meeting with Katie, it appeared that she made a reference to either being Muktananda, or pretending to be, or being one with him. I never fully understood. For many years I was very overwhelmed by what she had said during that first meeting. It made me feel special, and it certainly made Katie seem special. Once I asked her what that was all about, and she said, *'Well... I was only telling the truth..'*

The process of writing this story was like riding a roller coaster of emotions, much like what happened in the very beginning when I started doing The Work. There was anger, bitterness, and sadness, but also a sense of freedom, of being on my own, of not being dependent and of not needing to hold back anymore.

I never fully got to hear from Katie why she threw me out. Her list of reasons seemed petty, and we never actually spoke to each other about all of this, so there is a sense of something being unfinished.

But then something occurred to me. She appears to have an issue with 'mine'. She said, *this is my pizza, Emmapplein is mine, I introduced you to my daughter, you stroke up a friendship with my publisher, the domain names are mine, Tony Parsons also has my state.* And then a thought arose in me, perhaps Katie thought, *Europe is mine... and The Work is mine...*

And I can't know that this is true.

***"Everyone is entitled to their own opinion.***

*- Byron Katie*

#### **Notes from Janaki – chapter 42**

*Through the responses I received, I noticed that people project different things on this story, depending where they come from. Some people who are into The Work find my story resentful and bitter and think I haven't done The Work enough. One person said it was just my big ego talking. Other people feel the exact opposite. Some people are grateful, because they find themselves in a similar situation as mine and it has been helpful to put things back*

*into perspective. Some people see it as an eye opener and say that something has been put into words here, that they in fact felt for a long time.*

*It was my intention to write this story without any bitterness or resentment or finger pointing. According to some of the feedback I didn't succeed very well in this. Initially it was twice as long. I took another look and deleted all the stories that were in there to make Katie look bad, as it is not my purpose to make her look bad.*

*I also found another reason why I wanted to write this and publish it. Katie has several platforms to express herself. By taking my profile off of her website, by personally placing a comment about me on one of the forums of the Institute for The Work, by choosing to not have me translate in the Netherlands and by speaking out against me in Amsterdam during a staff meeting, she is making public statements. Since these occurrences were one-sided, I felt the need to create a platform of my own to voice my side of the story.*

*\* Note from Janaki: I have used several direct quotes from emails that I received from Katie and Stephen. Because I was not sure if this is allowed, I have discussed this with a copyright lawyer. He told me that even though something exists which is called, 'confidentiality of mail', there also exists something that is called, 'quotation right'. Quotation right is allowed within the law, when the publication serves a general good, or public interest. In his opinion this document serves both.*

### **Notes from Janaki – Katie's Teleconference**

So now I am wacky??

I included a chapter called "Downsides of The Work" in this blog, because I think it is very healthy, when a certain system is promoted, to throw light on all possible sides and effects, instead of only singing its praise and glory. If this is not done, it may lead to making false promises to people, to confusion and frustration.

It is not my own experience that I talk negatively about The Work in that chapter, I just relate stories people have told me, and effects that I have seen, especially with people who have been doing The Work for a long time, in a very religious way. But as is often the case, not everyone takes the time to read them thoroughly (or literally), and people can easily jump to conclusions and judgments, thus misinterpreting what I have written.

A friend of mine sent me a copy of the latest teleconference that Katie held with participants of her certification program. He sent it to me, because he had the distinct feeling that Byron Katie was talking about me.

I listened, and I am inclined to agree with him.

Here is a quote of Byron Katie during the teleconference of July 2009:

*“If there is a facilitator out there, that is saying really negative things about a facilitator, about The Work, just really anything that would negatively affect, then I would pull that person’s profile of course, and also anyone that listed their profile on that person’s website, I would pull that person. Let’s say for example someone is saying really terrible things about The Work, and other facilitators and they are listing profiles on their website, then anyone who posted on that website, I would pull their profile, because they are endorsing all that negativity about the very thing that they are doing in their life. It just doesn’t make any sense it is wacky, and so I would pull the profile because I don’t want anyone that wacky affecting you as a facilitator. My responsibility is to support facilitators to shift people’s negative concepts in the world. Because negative concepts are violent and this is about peace. So that is what I mean by that one.”*

(As far as I know, I am the only person other than BKI, who lists profiles on their website of people who have completed the coach training that I offer, Janaki).

*Byron Katie:*

*“One woman even says, she goes at great length to talk about how The Work doesn’t work and then she sells it on her website without calling it The Work. It is really strange out there.*

*So my job is to hold a space for The Work in the world and to hold it for those facilitators who see it as their heart’s desire to make The work available for those who are suffering.*

*So that is all I mean by that.*

*(From the Code of Ethics), “I will not engage in conduct and make statements that may negatively affect another facilitator and or The Work”.*

*Like if I said, Oh I’m a better facilitator than you are and then I put that on my website, I am better than everyone else, I have had more experience, I have known Katie forever and ever and ever and I am the one. You know, I mean, what does that assume about the rest of us? That kind of competition is... it’s eh... there is another way. That is the old way. It’s not right or wrong, it’s just that there is another way... “*

This last paragraph relates to chapter 14 (Feedback on my website). I don’t recall ever putting on my site that I am better than everyone else, that I have more experience, that I know Katie forever and ever and ever, or that I am the one. It is fascinating to hear how Katie exaggerates and twists what was actually on my website, and how she simply won’t question her own beliefs. I really thought that Katie and I dealt with that about 3 years ago. Apparently not according to her. What also amazed me was her tone of voice during this last paragraph, if I didn’t know better, I would say she actually sounded cynical.

And wacky? I just heard Katie say that negative concepts are violent...

*July 24th, 2009*

Katie's Endorsement:

[www.theworkingcompany.nl/endorsement.html](http://www.theworkingcompany.nl/endorsement.html)

# The Work : Inner Work

Note: the remarks in yellow refer to the relevant components in The Work

*You will notice how your anger and irritation can drain away as you turn the adrenaline rush into on-the-spot inner work.*

Ken Keyes: The Power of Unconditional Love, page: 83, 1990

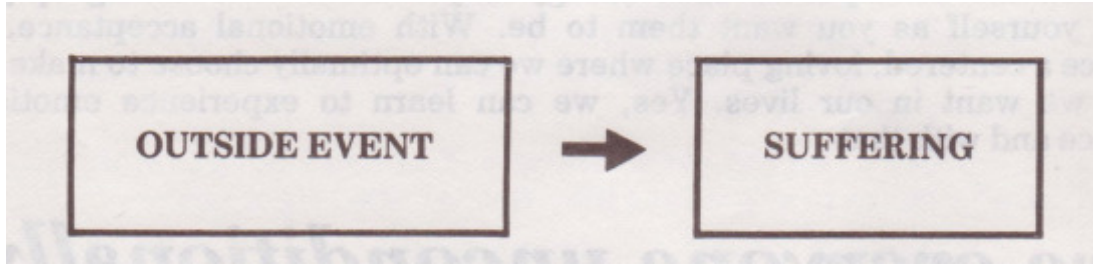
**INNER WORK**: The process of consciously using the Pathways or other Living Love Methods to gain insight, uplevel your addictions to preferences, and love unconditionally.

Ken Keyes: How to Enjoy Your Life In spite of It All, page 210, June 1980

*Doing the Inner Work*

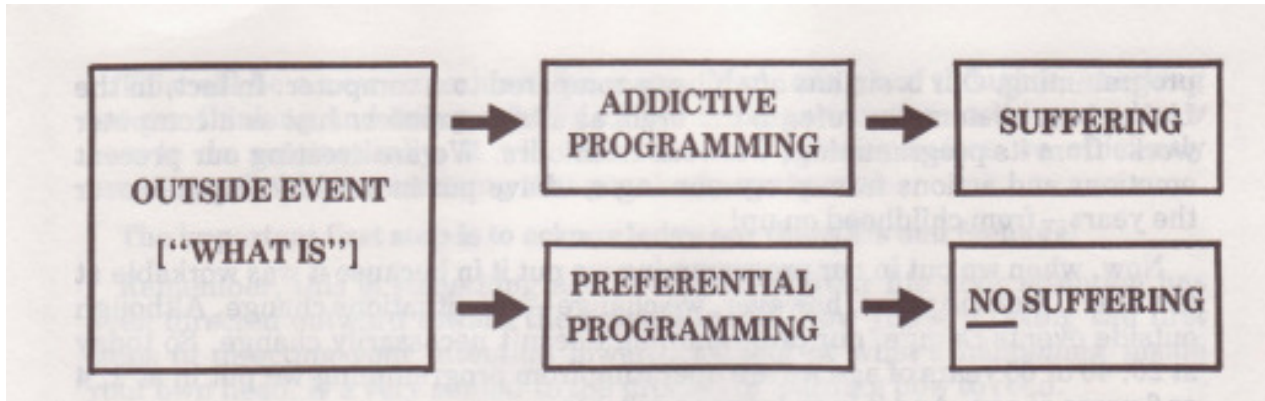
Ken Keyes: Discovering the Secrets of Happiness: My Intimate Story, page 165, 1989

**Concept of 'suffering':**

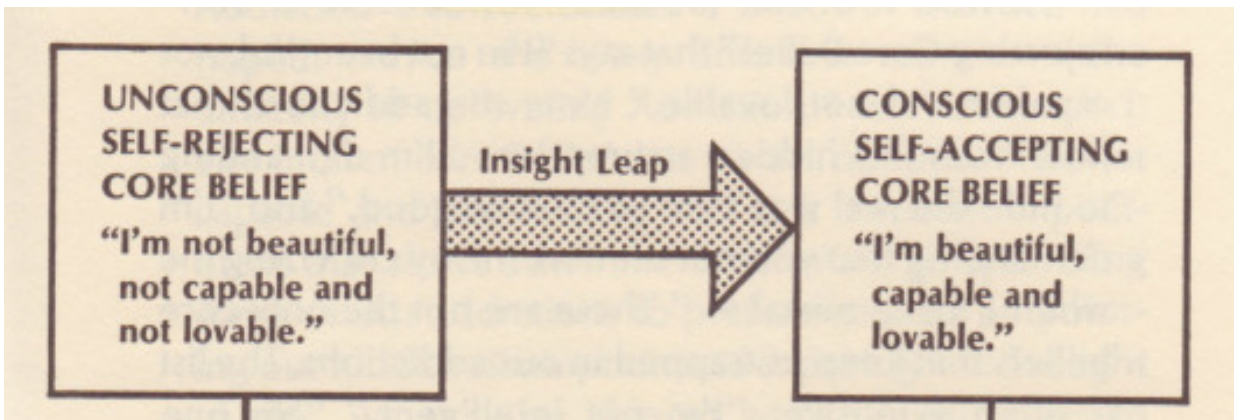


Ken Keyes: The Methods Work... if You Do!, page 10, April, 1978

**When you believe what you think, or when you interpret 'What Is', you suffer.  
When you do The Work, you end your suffering:**

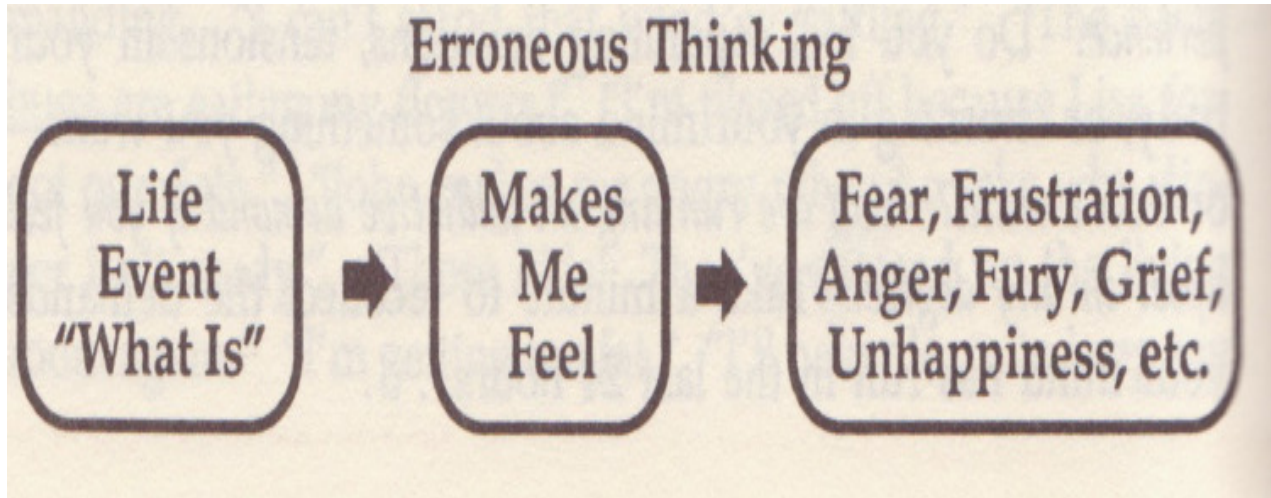


Ken Keyes: The Methods Work... if You Do!, page 11, April, 1978



Ken Keyes: A Conscious person's guide to relationships, page: 71, 1979

When you believe what you think, you suffer:



Ken Keyes: The Road Map to Life Long Happiness, page 190, June 1995

When you do The Work, you change your experience of 'What Is':

All that's needed to get free of painful emotions is to CHANGE THE PROGRAMMING that triggers the emotion. This concept is empowering. It shows us that we have the potential to be the masters of our own emotional experience—anytime, anywhere, under any circumstances. We can't always change "what is." But with skill, we can learn to change our own programming that generates our *experience* of it!

Ken Keyes: Your Road Map to Life Long Happiness, page: 195, June 1995

## Our thinking is the only cause of all the suffering in the world:

What we don't see is that it's the addictions and the addictive programming we have about the way the event "has" to be that is making us upset—not the outside event.

With this knowledge we see that "addictions are the ONLY cause of suffering and unhappiness in our lives."

All our suffering is caused by our addictive programming. If there is no addictive programming—if there is no addiction—there can be no suffering. If we have preferential programming, there is no way we can trigger suffering (fear, frustration, anger and other separating emotions) or create emotional separation from ourselves or anyone.

Ken Keyes: The Methods Work... if You Do!,  
Page 12, April 1978

## Benefits of doing The Work:

**you will have more energy, more understanding, more joy, more happiness.**

preferences. In other words, you can use your mind to change the way in which your mind operates so that it will give you more energy, more perceptiveness and insight, more love for yourself and others, more joy and happiness and the experience of purpose in your life.

Ken Keyes: How to Enjoy Your Life In spite of It All,  
page 11, June 1980



**“No one can hurt me, that’s my job” :**

Unfortunately, few of us understand that no other person, however filled with hate, can hurt us and destroy our enjoyment of life as much as we are now doing to ourselves by our daily runoff of our separate-self addictive demands.

Ken Keyes: How to Enjoy Your Life In spite of It All, page 100, June 1980

**“You are the one” :**

It doesn't necessarily take two people to play the love game. It doesn't require another person who knows and follows the rules. The love game is not an exchange—or a barter. IT ONLY TAKES YOU TO PLAY IT.

Ken Keyes: How to Enjoy Your Life In spite of It All, page 115, June 1980

**“What Is”, doesn't cause depressions,  
but the beliefs we have of the world around us.:**

*Our minds constantly create mental models of how things “should be”—and those thoughts are almost always different from “what is” in our lives. In spite of our lifelong efforts,*

Ken Keyes: How to Enjoy Your Life In spite of It All, page 1, June 1980

## Judge your neighbor and turn it around:

The world is thus my mirror. If I don't like what I see in the mirror, as a conscious person I can work to change my own addictive demands to preferences. This increases my ability to radiate love and to flow a caring energy into the world. Blaming the "mirror" (other people) or trying to change the "mirror" (other people) is an unskillful way to respond to the unpleasant images in the "mirror." Working on my own head so that I begin to radiate openness, humor, lightness, love and caring can be guaranteed to improve the images in the "mirror" (the responses of people around me).

Ken Keyes: How to Enjoy Your Life In spite of It All, page 75, June 1980

## Do The Work:

*For my own healing, I will only work on myself. It's up to you to work on yourself to reclaim your own loving true-self. If I am in conflict with you, and I blame your repressed unconscious programming, I will just keep myself stuck in my own false-self. The most helpful thing I can do for both of us is to work only on myself!*

Ken Keyes, Your Road Map to Life Long Happiness page 113, June 1995

Believing our thoughts (and what we feel),  
is the only cause of unhappiness:

*How do we make ourselves unhappy? We erroneously BELIEVE WE HAVE TO FEEL UNHAPPY if we don't get what we want. But unhappiness is not an adult necessity; it's just a strategy left over from childhood—an adult temper-tantrum. Today, with our adult capabilities, we can choose to change our demands into preferences—and peacefully enjoy our lives no matter what's happening.*

Ken Keyes: Your Road Map to Life Long Happiness,  
page: 192, June 1995

“We are all doing the best we can”:

The Second Wisdom Principle helps me enrich my life by reducing my judgments and criticisms of other people—and myself. Considering our injuries, the pain we've experienced, and the false-self we needed in childhood, I've learned that we're all just doing the best we know how. This principle helps me feel compassion—and to hold on to my love for people—even when I may feel hurt by what they say and do.

Ken Keyes: Your Road Map to Life  
Long Happiness,  
page: 225, June 1995

## Explanation of the use of third person plural pronouns on the worksheet:

### *Stretching Our Language*

I want to write in a nonsexist way. English today lacks singular third person common gender pronouns. I'm not willing to bog down the reader with, "When you hide your real feelings from your partner, you're depriving him or her of the realities of life she or he needs to work on himself or herself to go beyond her or his demanding programming." Since third person plural pronouns in English are not gender-specific, I've decided to use "them," "they," "themselves," and "their" for both singular and plural. Thus it will come out, "When you hide your real feelings from your partner, you're depriving them of the realities of life they need to work on themselves to go beyond their programming." I hope it reads smoothly for you.

Ken Keyes: *The Power of Unconditional Love*, page: xii, 1990

## On the Judge your neighbor worksheet:

Be specific and petty, like a little child.

### **Be specific!**

In the precise moment you triggered the separating emotions, what did you want to change? When another person is involved, use his/her name. Don't be surprised if you find that your specific demands are petty, irrational or indefensible. Remember, this is only your programming; it is not who you really

Ken Keyes: *The Methods Work... if You Do!*, page 19, April 1987

## WORKSHEETS, *continued*

It is called a 'worksheet'.

**This appendix contains:**

**1. Sample Lifetrap Worksheets:** Pages 284 and 285 show how these life trap worksheets can be used. Notice how they lead you to the childhood roots of the fear, grief, anger, guilt, shame, rage, etc. in your life today—and help you get free of them. You'll get the most helpful insights when you use the lifetrap worksheets *at the time* when a painful emotion first arises.

**2. Extra Lifetrap Worksheets:** On pages 286 and 287, there is a blank form you can copy. You may wish to carry this with you so you can deal immediately with painful emotions when they are triggered by life events. To speed up reclaiming your true-self, I suggest you fill out this form *EVERY TIME YOU HAVE A PAINFUL EMOTION*.

Ken Keyes: The Road Map to Life Long Happiness,  
page 282, June 1995

**“Pain is a reminder, it is time  
to do The Work”:**

## WORKSHEETS, *continued*

### Initial format for the worksheet / Yellow Card:

It will help to pinpoint your demands if you use this form:

#### PINPOINTING YOUR DEMANDS

My unconscious mind is triggering the emotion of

\_\_\_\_\_ because my programming  
*(emotions you feel)*

is demanding \_\_\_\_\_.  
*(tell what you want)*

Ken Keyes: *The Road Map to Life Long Happiness*,  
page 190, June 1995

**I choose to create the experience of** \_\_\_\_\_  
*(list your separating emotions)*

**because I choose to addictively demand** \_\_\_\_\_  
*(what you want)*

Ken Keyes: *The Methods Work... if You Do!*,  
page 20, April 1978

## WORKSHEETS, *continued*

Format of the worksheet: 6 uncompleted sentences.  
The questions are different, the answers very similar:

### Identifying and Escaping From a Lifetrap

STEP 1: List your present painful gut emotions and feelings (not thoughts) about a disturbing area in your life. Use single words like fear, guilt, shame, grief, jealousy, anger, rage, hate, hurt, disdain, resentment, worry, etc. Choose emotions from page 191.

I create the lifetrap experience of \_\_\_\_\_

*irritation, resentment, hate,*

*anger, rage*

because I am demanding (write what you are demanding)

*Mary listen to me and not*

*interrupt me while I'm*

*talking — and not raise her voice.*

STEP 3: To survive physically and emotionally, and to protect my spirit and self-esteem when I was a child, I learned to respond to this pain by \_\_\_\_\_

*hiding my hurt*

*and not even trying to tell what*

*I want, and what I'm feeling.*

STEP 4: I have the life-enhancing adult insight that it is not true that everyone in my life TODAY will \_\_\_\_\_ (Copy situation described in Step 2)

*keep me from*

*telling my side of an issue.*

STEP 5: When I feel that way today, it is because when I was a child, my caretakers hurt me by \_\_\_\_\_

*loudly*

*interrupting me and not letting me*

*tell my side.*

STEP 2: Behind all adult pain, fear, guilt, and shame are conscious and/or unconscious memories of childhood pain when your needs were not met.

I felt the same painful emotions listed in STEP 1 in my childhood when \_\_\_\_\_

*My parents*

*interrupted me and wouldn't*

*let me finish telling my side.*

*They would often shout at me*

*when I tried to answer what*

*they were saying.*

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STEP 6: With my adult capabilities and strengths today, I can find more effective ways to respond to such situations in my life.

I can escape from this lifetrap by choosing behaviors such as

*not assuming that when Mary in-*

*terrupts me and raises her voice*

*that I will not be able to express*

*my point of view. When she breaks*

*in, I can say, "Please don't interrupt*

*me. I want to tell you my side."*

*From Your Road Map to Lifelong Happiness by Ken Keyes, Jr.*

## WORKSHEETS, *continued*

Questions on the worksheet:

*I want* \_\_\_\_\_

*I need* \_\_\_\_\_

*You should/shouldn't* \_\_\_\_\_

This form is designed to reinforce our willingness to take responsibility for our experience. It helps us to avoid blaming the people and situations around us for our suffering. See how you are actually choosing your present experience and that you are the only one who can choose to change that experience.

Here is a reference list of questions that you can ask yourself to help pinpoint your addictive demand:

- What do I really want in this situation? What don't I want?
- What do I want the most?
- What is it I feel I need in order to be happy?
- What would I like to be different in this situation?
- How do I want things to be?
- What's bothering me the most in this situation?
- What would I ask a magic genie for in this situation?
- What would I complain about to my best friend?
- How do I think things should be or shouldn't be?
- How do I want the people around me to be? How do I want me to be?
- How should I be treated?

If things go the way I want, what does it mean about me?

If things don't go the way I want, what does it mean about me?

How would I change in this situation?

What do I think I (he/she) should have done or shouldn't have done?

How do I feel about what is happening?

What is it about me that can't be loved?



## WORKSHEETS, *continued*

Question 6 on the worksheet: What is it you never want to happen again?:

I feel \_\_\_\_\_  
(specify your emotions)

when you \_\_\_\_\_  
(state what's happening)

I'm concerned that \_\_\_\_\_  
(tell what you don't want in the future)

Ken Keyes: The Power of Unconditional Love,  
page: 157, 1990

Sub-question: What's the worst that could happen?:

Questions that are especially helpful  
in relation to particular emotions:

### **Fear:**

What's the worst thing that could  
happen?

Imagine that happened: Now  
what's the worst thing?

Ken Keyes: The Methods Work... if You Do!,  
page 59, April 1978

### The Work: Question 1:

“So far as I know” = I can’t know that it is true and thus: Is it True?

These phrases are called the **tools for thinking**.

The little phrase that is going to remind us that our maps are not complete and that we should keep an open mind is **“So far as I know.”** For example, instead of saying, “She thinks only of herself,” say, **“So far as I know, she thinks only of herself.”**

Do not be misled by the simplicity of these tools. Everyone uses them occasionally—but few understand clearly the principles behind them. Because they are so obvious and well known, do not make the mistake of concluding this is child’s stuff that you already apply. Hard as it may be to believe, you will still be developing insight into the use of these tools for months and years to come. They will bring to you unbelievable new discoveries, knowledge, and experiences. Don’t take my word for it. Try it and see.

### Question 1: “I can’t know all about anything”: “Can you really know that?”

We have all heard speeches on the desirability and the necessity of keeping open minds—but we are seldom told how to do it. The way to get and keep an open mind is to repeat to yourself: “I can’t know ALL about ANYTHING. No one else knows ALL about ANYTHING. Therefore, I have no right to close my mind. I must watch for important facts that may have been overlooked. Some hidden factors may be found that will help me make my maps more adequate.”

### Question 2: “Can you absolutely know that it is true?”

territory to get an adequate picture. It is impossible for us to survey ALL the territory, and *we can never be absolutely sure we have surveyed enough to give us an adequate picture.* For no one can see things from ALL points of view.

## The Questions, continued

Question 3 (“How do you react, what happens, when you believe that thought?”)

In the beginning it used to be:

“What do you get for holding that belief, what’s the payoff?”

The answers to that question, as given below, are very similar to the answers that people find for question 3 in The Work:

### **PAYOFFS**

Following are some frequent payoffs. They will be useful in helping you pinpoint your own payoffs.

- I get to be right, and make the other person wrong. I get to feel superior. I’ll prove it’s unfair or untrue.
- I get attention, sympathy, agreement, approval and/or comfort.
- I avoid taking responsibility for what I do, say or feel. I can avoid looking at “what is” in my life. I don’t have to really experience what I am feeling.
- People will know that I’m a good (e.g., teacher, responsible person, caring person, bricklayer, etc.).
- People won’t think I’m (e.g., egotistical, a coward, etc.).
- I’ll have an excuse for poor performance.
- It feels safe to keep the distance from other people (or a specific person). I get to avoid confronting the addictions that would come up if I were close to others.
- It feels safe and familiar to hold on to old programming and scary to let it go.

### Question 3 continued

- I get to enjoy the fantasy. (e.g., “Even if I don’t get what I want, I still get to fantasize about it— food, sex.”)
- I get to share and feel close to other people who have the same addictions.
- I feel a sense of intensity. (e.g., “I feel really alive when I am angry.”)
- I get to be alone. (“If I mope and feel hurt, people will allow me to be alone and not push to be with them.”)
- I get control over myself. (“If I demand not to eat, I won’t.”) I won’t do it again. I’ll be careful about what I do.
- He/she/they will change. (“If I get angry enough, they’ll agree with me or do what I want.”) They won’t keep doing what they are doing.
- They’ll make up to me because they’ll see how upset I am and they’ll feel bad or guilty.
- I get to be a martyr.

One very illusory payoff that comes up often is “I’ll get my way.” You’ve been telling yourself that all your life. Most of the time you can’t change things by holding on to your addictive demands. There might be a few times you do. But, at what price? There will still be separation and suffering caused by forcing your way. So you’re no happier. You’ve got what you want and because you got it by force, it sets up the next “problem” or lesson in your life. You still have the

Instant Conscious Doubler = the turnaround.  
This is how you turn it around to 'the other':

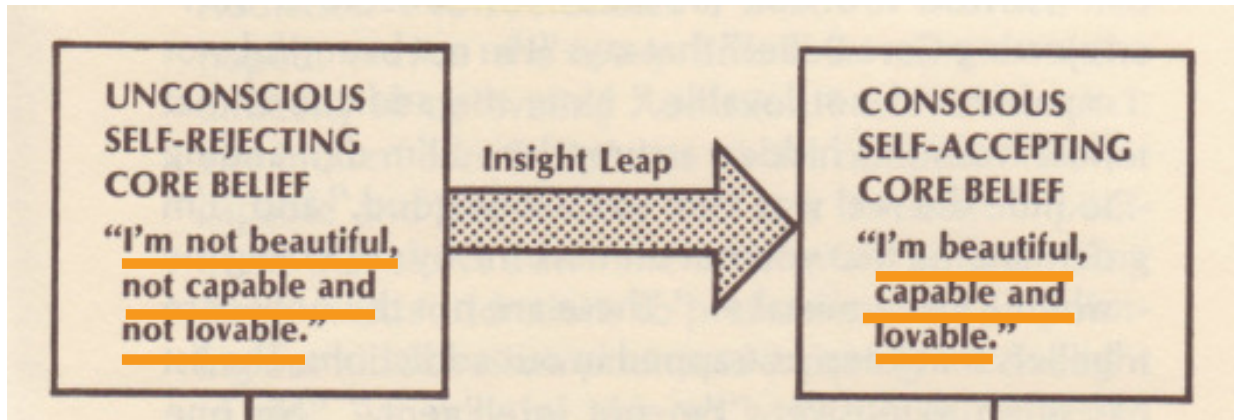
# Instant Consciousness Doubler

The Instant Consciousness Doubler can take you behind the programming and into that "us" place, where we all are one. It helps you to start realizing that your programming and behavior are just "drama." It's not who you really are. As you use the Instant Consciousness Doubler, you learn how we are all trapped by our automatic, addictive programming. The Instant Consciousness Doubler will deepen your compassion, not only for the other people in your life, but also for yourself. At Cornucopia we use the Instant Consciousness Doubler in three ways; first way:

- Pick a person from whom you feel separate.
- Pinpoint what he/she does which you use to create separation from him/her.
- Tune-in to the space you create when you are totally loving and accepting of yourself.
- With that space in your mind, recall when you were in a similar situation and reacting in a similar way, saying and/or doing the same or similar things. Experience the love and acceptance you have for yourself.
- Expand that love and compassion to include the other person.

## The Turnaround, continued

Turnaround to the opposite:



Ken Keyes: A Conscious person's guide to relationships, page: 71, 1979

The dialogue, or Clear Communication: (“Let’s have a conversation”)

Here’s how a more skillful parent might consciously nurture their child’s old brain:

“Johnny, it’s nine o’clock and your bedtime.”

“I don’t want to. I’m not going to bed.”

“I’m hearing you say that you don’t want to go to bed now. [The parent is mirroring what the child wants.] I know there were many times when I didn’t want to go to bed just like you. [The parent is validating the child as a person when it wants what it wants.] I know you’re feeling upset because you have to go to bed now.” [The parent has recognized the child’s right to feel and want.]



**Description of someone who has done The Work  
(on the next page)**

## **FACTORS OF EXPANDED CONSCIOUSNESS**

The words “expanded consciousness” in the Ninth Pathway do not refer to some exalted, far-out trance-like state of mind. Instead, “expanded consciousness” simply means that we are not resisting, clinging to or ignoring things

which need to be taken into consideration and integrated into our thoughts and actions. Expanded consciousness as Joseph Goldstein points out may be viewed as a **balancing of seven mental factors:**

## Description of someone who has done The Work

1. **Mindfulness:** Broad awareness of "what is" instead of ignoring or not noticing important aspects of the here and now.
2. **Wisdom:** Balancing all of the factors of the head and the heart so as to produce a skillful and compassionate response to life instead of a confused, inappropriate response due to overemphasizing some factors and underemphasizing others. Wisdom is seeing the overall picture.
3. **Energy:** An energetic participation in the games of life instead of a lazy, sluggish approach.
4. **Rapture:** An interest or fascination with life instead of a bored, dulled, grayed-out feeling.
5. **Tranquillity:** A calmness, serenity and inner peace instead of a frantic, threatened, overly emotional handling of the here and now.
6. **Concentration:** An ability to focus the mind on what's now instead of a butterfly-like flitting around that doesn't come to grips with a situation long enough to find a skillful response.
7. **Equanimity:** An equal-valued perception of the games of life as not personally threatening, as opposed to experiencing things as heavy in their consequences with doom always around the corner.

Ken Keyes: How to Enjoy Your Life In spite of It All,  
page 128, June 1980