

The Work of Byron Katie 11/9/11 - Wed Gathering in Rockville

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This Wednesday [gathering](#) we learn how to use the Work of Byron Katie with Sandra Solomon. Do you want to release judgements you hold in your life ? Do you want to find inner peace? Do you want to transform your experience of life at warp speed? Then come learn the simple process of self-inquiry known as The Work of Byron Katie. This amazing process, when used honestly and with integrity, has the power to create enlightenment on purpose.

*"Eckhart Tolle's teaching is the 'what,' and The Work is the 'how,' -
Byron Katie*

"The Work is a razor sharp sword—use it." - Eckhart Tolle

Here is what you will learn:

- Learn to investigate your stressful thinking using four questions and a turnaround.
- Experience how you live your life when you believe thoughts that are not true for you.
- Discover new possibilities and different perspectives.
- Learn how to facilitate yourself and others using The Work's four questions and turnarounds.
- Realize what is true for you, and take home the ability to live effectively with clarity and in accordance with your own integrity.

With the Work "We begin to question stressful thoughts and we find something new happening. We come to see that thoughts aren't personal. And when we see that, miracles take place. It's what we read about...like unconditional love. The next time you see this person and your judgments of him, you may wonder why you're not seeing it that way. You're seeing someone just doing the best he can. It's a radical shift—this glimpsing into oneself."

The Work is something you can take home with you. It is a method which brings your own inner wisdom to the surface. You become your own healer.

Learn more about the The Work at Bryon Katie's [website](#) .

The Work Essentials

The following are free PDF files available from her website

- [Little Book](#)
- [Instructions for Doing The Work](#)
- [Judge-Your-Neighbor Worksheet](#)
- [One-Belief-at-a-Time Worksheet](#)
- [Facilitation Guide](#)
- [Emotions and Reactions List](#)
- [Universal Beliefs](#)
- [Yellow Card Template](#)
- [Judge-Your-Body Worksheet](#)



Sandra Solomon, Teacher, Channel/Conduit of Energetic Healing & Transformational Consultant. She is a gifted and accomplished healer who works on both an individual, group and planetary level. Her practice utilizes a wide range of energy modalities including, Quantum Healing which includes Reconnective Healing and Matrix Energetics. She attunes Reiki Masters to six levels beyond Master Level through the Lightarian Institute™. Sandra is also trained in Shamballa Healing.

Sandra offers Transformational Consulting using a variety of techniques, including: the Work of Byron Katie, Psych-K which is Psychological Kinesiology, EFT- Emotional Freedom Technique and The Sedona Method. These techniques assist in whole brain synchronization. Her Transformational Consulting helps you to fine-tune your life into a more peaceful and balanced journey. She employs transformational techniques to assist you in attaining your goals.

Sandra's explorations include quantum physics, sacred geometry, the Mayan Calendar, Kabbalah, the Sacred Alphabet, Universal Laws, the nature of reality and consciousness. She empowers people to discover their own self-authority. You can reach Sandra at [mayanone \(at\) juno \(dot\) com](mailto:mayanone@juno.com) or 434-825-5564

The workshop begins after dinner at 8pm. I invite you to join us, though as always what ever choice you make you will be honored in.