

Byron Katie Quotes

*Believe, Mind, Thinking, World, People, Inspirational, Reality, Stories, Suffering,
War, Needs, Stress, Love, Pain, Want, Katie, Children, Hurt, Fear, Simple*

Life is simple. Everything happens for you, not to you. Everything happens at exactly the right moment, neither too soon nor too late. You don't have to like it... it's just easier if you do.

~Byron Katie

Spare yourself from seeking love, approval, or appreciation-from anyone. And watch what happens in reality, just for fun.

~Byron Katie

Our job is unconditional love. The job of everyone else in our life is to push our buttons.

~Byron Katie

Stress is an alarm clock that lets you know you're attached to something not true for you.

~Byron Katie

Peace doesn't require two people; it requires only one. It has to be you. The problem begins and ends there.

~Byron Katie

Fear has only two causes: the thought of losing what you have or the thought of not getting what you want.

~Byron Katie

Pay close attention to the particular thoughts you use to deprive yourself of happiness.

~Byron Katie

If you want real control, drop the illusion of control; let life have you. It does anyway. You're just telling yourself the story of how it doesn't.

~Byron Katie

It's not your job to like me - it's mine

~Byron Katie

It's not the problem that causes our suffering; it's our thinking about the problem.

~Byron Katie

Your True Nature Is Love. There's Nothing You Can Do About It.

~Byron Katie

If you think the cause of your problem is 'out there,' you'll try to solve it from the outside. Take the shortcut: solve it from within.

~Byron Katie

Everyone is a mirror image of yourself-your own thinking coming back to you.

~Byron Katie

The world is nothing but my perception of it. I see only through myself. I hear only through the filter of my story.

~Byron Katie

When you believe that your problem is caused by someone or something else, you become your own victim.

~Byron Katie

The whole world is simply my story, projected back to me on the screen of my own perception. All of it.

~Byron Katie

Placing the blame or judgment on someone else leaves you powerless to change your experience; taking responsibility for your beliefs and judgments gives you the power to change them

~Byron Katie

Life is simple. Everything happens for you, not to you.

~Byron Katie

The most important relationship is the mind's relationship with itself. In other words, the ultimate - and, really, the only - relationship you have is the relationship with your own thoughts.

~Byron Katie

Do you want to meet the love of your life? Look in the mirror.

~Byron Katie

The person who finds peace inside and lives it, is the one who teaches what true peace is.

~Byron Katie

Reality doesn't wait for your opinion, vote, or permission, sweetheart. It just keeps being what it is and doing what it does.

~Byron Katie

My experience is that the teachers we need most are the people we're living with right now.

~Byron Katie

I realized that it's insane to oppose it. When I argue with reality, I lose-but only 100% of the time. How do I know that the wind should blow? It's blowing!

~Byron Katie

No one has ever been angry at another human being-we're only angry at our story of them.

~Byron Katie

I stopped waiting for the world to give me what I wanted; I started giving it to myself.

~Byron Katie

No-one can disappoint you, only your thoughts about them can

~Byron Katie

Until you can see everything in the world as your friend, your work is not done.

~Byron Katie

When we believe in our thoughts, when we tell ourselves a story, we suffer. 'My husband doesn't respect me.' 'I should be thinner.' Those are stories. When there's no story, there's no suffering.

~Byron Katie

Since the past is unreal and the future is unreal, all your thoughts are about nothing.

~Byron Katie

Happiness is the natural state for someone who knows that there's nothing to know.

~Byron Katie

Just keep coming home to yourself, you are the one who you've been waiting for.

~Byron Katie

If I had a prayer, it would be this: "God, spare me from the desire for love, approval, or appreciation. Amen."

~Byron Katie

As you inquire into issues and turn judgments around, you come to see that every perceived problem appearing "out there" is really nothing more than a misperception within your own thinking.

~Byron Katie

When they attack you and you notice that you love them with all your heart, your Work is done.

~Byron Katie

We are never really in control. We just think we are when things happen to be going our way.

~Byron Katie

What is perfect health? The unraveling of all imagined states of mind

~Byron Katie

The Work: 1. Is it true? 2. Can you absolutely know that it's true? 3. How do you react, what happens, when you believe that thought? 4. Who would you be without the thought?

~Byron Katie

When you think that someone or something other than yourself needs to change, you're mentally out of your business.

~Byron Katie

In my experience, we don't make thoughts appear, they just appear. One day, I noticed that their appearance just wasn't personal. Noticing that really makes it simpler to inquire.

~Byron Katie

Your most intimate relationship is the one you have with your thoughts.

~Byron Katie

Until the mind is open, the heart stays closed. The open mind is the key to the open heart.

~Byron Katie

The only way I can be angry at you is when I have thought, said, or done something that is unkind in my own opinion.

~Byron Katie

Life just happens. It's what you're believing about life that makes you suffer.

~Byron Katie

It's not what happens in life that bothers us. It's what we're believing about it that bothers us.

~Byron Katie

We say to others only what we need to hear

~Byron Katie

Everything that happens is God's will. When you realize that, you're home free.

~Byron Katie

Love is action. It's clear, it's kind, it's effortless, and it's irresistible.

~Byron Katie

When we stop opposing reality, action becomes simple, fluid, kind, and fearless.

~Byron Katie

You are the effect of your story, that's all.

~Byron Katie

Every (stressful thought) is a variation on a single theme: This shouldn't be happening. I shouldn't be having this experience. God is unjust. Life isn't fair.

~Byron Katie

When we love what is, it becomes so simple to live in the world. The world is exactly as it should be.

~Byron Katie

Lack of understanding is always painful.

~Byron Katie

Don't be careful. You could hurt yourself.

~Byron Katie

When you realize that every stressful moment you experience is a gift that points you to your own freedom, life becomes very kind.

~Byron Katie

That's the purpose of stress. It's a friend. It's an alarm clock, built in to let you know that it's time to do The Work.

~Byron Katie

When you discover that all happiness is inside you, the wanting and needing are over, and life gets very exciting.

~Byron Katie

When safety is our priority, we live our lives being very, very careful, and we wind up having no lives

~Byron Katie

It's good that it hurts. Pain is the signal that you're confused, that you're in a lie.

~Byron Katie

Any thought of discomfort or stress is an alarm that lets you know you're believing an untrue thought

~Byron Katie

The only thing you fear is the unreality that you yourself have invented.

~Byron Katie

I have never experienced a stressful feeling that wasn't caused by attaching to an untrue thought. Behind every uncomfortable feeling, there's a thought that isn't true for us.

~Byron Katie

We never make a decision. When the time is right, the decision makes itself.

~Byron Katie

The world is what you believe it to be, and it changes as you change.

~Byron Katie

Being present means living without control and always having your needs met.

~Byron Katie

That's where the fear comes from—from your uninvestigated thoughts.

~Byron Katie

Discomfort is the call to set yourself free.

~Byron Katie

It's not easy to find your own way when you believe that you need love, approval, appreciation, or anything from your family. It's particularly hard when you want them to see things your way.

~Byron Katie

No one has ever been able to control his thinking, although people may tell the story of how they have. I don't let go of my thoughts—I meet them with understanding. Then they let go of me.

~Byron Katie

When you say or do anything to please, get, keep, influence, or control anyone or anything, fear is the cause and pain is the result.

~Byron Katie

We do not mature through age. We mature in awareness.

~Byron Katie

After you've been doing inquiry for a while, if you have the thought "She doesn't love me," you just get the immediate turnaround with a smile: "Oh, I'm not loving myself in this moment."

~Byron Katie

You can only see what you believeâ€”nothing else is possible.

~Byron Katie

Gratitude is what we are without a story.

~Byron Katie

The ego is terrified of the truth. And the truth is that the ego doesn't exist.

~Byron Katie

The mind's job is to validate what it thinks.

~Byron Katie

What you're believing in the moment creates your suffering or your happiness.

~Byron Katie

How do I know it was meant to happen this way? Because it did.

~Byron Katie

If someone says, "Katie, you are out of order," over something I've said, or, "Katie, you are wrong," if I defend myself or justify myself, then I have just started the war.

~Byron Katie

Everyone in your life is a figment of your imagination--ev en you.

~Byron Katie

The only difference between heaven and hell is believing a thought.

~Byron Katie

I didn't fight or shame my thoughts, I questioned them, and they stopped shaming me.

~Byron Katie

If you don't like your world, question your thoughts about it.

~Byron Katie

What would it be like to let go of wanting things to be other than they are?

~Byron Katie

If our thinking is clear, how could work or money be the problem? Our thinking is all we need to change.

~Byron Katie

God, as I use the word, is another name for what is. I always know God's intention: It's exactly what is in every moment.

~Byron Katie

I have had the privilege of losing everything.

~Byron Katie

You move totally away from reality when you believe that there is a legitimate reason to suffer".

~Byron Katie

You either believe what you think or you question it. There's no other choice.

~Byron Katie

Nothing terrible has ever happened except in our thinking. Reality is always good, even in situations that seem like nightmares. The story we tell is the only nightmare that we have lived.

~Byron Katie

Nothing comes ahead of its time, and nothing ever happened that didn't need to happen.

~Byron Katie

The greatest stock market you can invest in is yourself. Finding this truth is better than finding a gold mine.

~Byron Katie

When you become a lover of what is, the war is over.

~Byron Katie

If you want reality to be different than it is, you might as well try to teach a cat to bark.

~Byron Katie

Bottom line is, if someone says something about me and it upsets me, it's true.

~Byron Katie

The way to truly help someone is for me to not get immersed in their suffering.

~Byron Katie

I'm most inspired whenever I hear of even the smallest act of human kindness.

~Byron Katie

People don't need sudden revelations. They get what they need when they need it, thought by thought by thought. It's a constant thing when the mind starts to wake up to itself.

~Byron Katie

Reality is always kinder than your thinking.

~Byron Katie

To argue with reality is to argue with God

~Byron Katie

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