



## ANNEA WORKS - HEILWERKSTÄTTE

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### THE WORK nach Byron Katie

#### Thoughts, identifikation & suffering

Thoughts appear and dissolve in your mind. As soon as you pick one and believe it to be true a story is created. Your story. Who am I? How am I? How is life?

The story is just inside of your head, being told and retold by your thoughts. But it has no truth in itself. It becomes „true“ and „real“ to you by believing and identifying with your thoughts. Everything you think to know about yourself and the world are just thoughts you believe in. When you are caught up in the story you are no longer in alignment with that, what you are beyond thought. .. vibrant life force, love and yourSelf.

You should know, that you are not the story. You are the supreme consciousness in which the story occurs. You are that, what observes the story. You are that in which all forms appear and dissolve including the thoughts. By learning to observe and inquire them, you learn to be your true self – pure spirit, love.

#### What does that mean?

That what you think and believe in a certain situation is the reason of your suffering or your joy.

Your emotions in that situation are the direct result of your thinking and believing. So you have the power to change your perception and your life.

#### THE WORK

Imagine a situation where you were at war with someone or something or yourself. Be very still and feel the feelings and identify the thoughts you had. Then write the thoughts down.

The working sheet will help you to find out, what you were thinking and believing in this moment of your chosen situation. By working with the thoughts, inquiring them, turning them around you can find other perspectives. You can see, that not the world makes you suffer but your believed thoughts. You more and more observe rather than being caught up in the story. Here is the possibility to wake up to a reality far greater and deeper than you ever imagined.

The work is a way to really perceive, that that, what we call reality is all imagination. It is a way to love what is and be in peace. It is the end of the war against yourself, against the others, against the world.