

# Understanding & Using "The WORK" of Byron Katie facilitated by Rev. Cathy DeLauter

- What:** New Class! Starting in Fall – 8 Week Class  
**Where:** Interfaith Center for Spiritual Growth  
**When:** Wednesday evenings: Sept. 15 & Sept. 29, and  
then Oct. thru Dec.; it is the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
(Sept 15 & 29, Oct 6 & 20, Nov. 3 & 17 and Dec 1 & 15)  
**Time:** 7:00pm – 9:00pm  
**Fee:** \$80 for 8-week class  
**Book:** Loving What Is, by Byron “Katie” Reid

*“The Work” is simple, yet powerful technique, that helps to transform the thoughts that cause suffering. Through a series of interactive exercises, video demonstrations and personal exploration, students will use “The Work” to bring happiness and peace to their life.*

***You might ask, “How is this different from the former Tuesday (drop-in Class) at ICSG?”***

*The more structured format of this class will allow for more continuity & more trust, providing a space to go deeper – to allow for a release from stories that may be holding you back. Additional experiential exercises and videos will be provided with this class.*

*In addition, we will read & discuss the book, Loving What Is.*



Cathy DeLauter participated in Byron Katie’s Residential 28-day program—“The Turnaround House”. In addition, she has participated in local seminars on “The Work” in East Lansing and in Warren, at Renaissance Unity. For the past year, she facilitated an on-going weekly Byron Katie Inquiry/Study group at the Interfaith Center for Spiritual Growth in Ann Arbor.

Cathy has been a teacher and student of metaphysics since 1978. She is an ordained, non-denominational, Interfaith Minister from One Spirit Interfaith Seminary in NY. Her mission in life is to support others in fully remembering the “light” that they are, resulting in a more peaceful, joyous life.

***beginning Wednesday, Sept 15***  
***7:00 p.m. – 9:00 p.m.***

**Here’s what Eckhart Tolle author, The Power of Now & The New Earth has to say about “the Work”.**

*“Byron Katie’s Work is a great blessing for our planet. The root cause of suffering is identification with our thoughts, the ‘stories’ that are continuously running through our minds. The Work acts like a razor-sharp sword that cuts through that illusion and enables you to know for yourself the timeless essence of your being. Joy, peace, and love emanate from it as your natural state.”*

For more information on The Work, please see <http://www.thework.com> or

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