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My new book, A Mind at Home with Itself, will be published on September 19. (Please pre-order it at [amindathomewithitself.com](http://amindathomewithitself.com).) Here's a chapter from the book. (The word "Buddha" means "the awakened one." It's a word for the clear mind "for me, for you, for all of us.")

### **A Mind at Home with Itself " Blog for The Work of Byron Katie**

A Mind at Home with Itself is, like Katie's other books, mostly about inquiry, but this book goes a few steps further, beyond the psychological into the ineffable openness of "what is" before our judgments and opinions create a world.

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"A Mind at Home with Itself is a beautifully crafted book that points directly to the wisdom within us, the ultimate treasure that resides in the open heart and quiet mind" and it shows us exactly how to access it. Its insights sparkle and shimmer from every page, but they will remain like a beacon."

### **A Mind at Home with Itself " Stephen Mitchell**

Kudos to Stephen who, 'wheedled' these stories out of Katie. A Mind at Home with Itself, is also a precious gift to doing The Work of Byron Hilarious adventure with Byron Katie, the Buddha, everyone's mind, and Katie's peach-of-a-husband, Stephen Mitchell.

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higher mind of spiritual awareness and psychic ability we must be released from the thrall of the lower cognitive mind. This cannot occur with any stability (other than "peak experiences"™) until work on the lower mind is complete. While large areas of our brain lay unused because of their repressed content, there is a potential Achilles heel to

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mind. By borrowing freely from a wide variety of scientific and spiritual sources, and by applying his own shrewd observations and insights, Kehe, was able to forge the first straightforward and successful program for developing mind power. In 1978, he began teaching people the principles

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### **Minds**

Reflecting on the Role of the Hand, Head, and Soul of America: The Mind at Work The Mind at Work: Valuing the Intelligence of the American Worker, by Mike Rose, New York: Viking, 2004, 249 pp., \$24.95 (paper).

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The Magic In Your Mind U.S. Andersen Originally published by Thomas Nelson & Sons, New York, 1961. More Free Books Law of Attraction Haven

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