



# Tips to keep you airborne!



4 Breakthrough Questions

July 2022

Captivated yesterday by an evening sky, where layers of low-slung clouds flitted in front of a near-full moon, I couldn't help but take in the colours, depth and movement.

In that moment, I saw the blue backdrop representing a state of 'no-mind'...or for me, universal mind... in front of which a stream of fluffy, luminescent 'thoughts' flitted across.

It wasn't long however until a thick, low-slung belt of grey cloud slowly moved in, positioning itself between the backdrop and the fluff. And there it appeared to stubbornly stay. Suddenly the moon had its light turned off and the cotton clouds paled to insignificance.

They had been overtaken by bandit 'beliefs'.



In that moment I was reminded that thoughts that we repeatedly think turn to beliefs, which ultimately run our show.

Now if you're not happy with the way your show is running and it's not the dazzling blockbuster you intended, it may pay to question and challenge some of those bandit beliefs to help crack the code.



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That is what the famed Byron Katie, American speaker and author, did many years ago when at her lowest ebb.

4 inspired questions to challenge her negative beliefs turned her life around, blitzing the bleakness and restoring the light.

Here they are...

1. Is it true? (Yes or no. If no, move to question 3)
2. Can you absolutely know that it's true? (Yes or no)
3. How do you react, what happens, when you believe that thought?
4. Who or what would you be without the thought?

She calls it doing 'The Work'. And to quote Byron:

"The Work is a Practice. Every time you do The Work you are becoming enlightened to who and what you are, the true nature of being. To question what you believe is an amazing gift to give yourself, and you can have it all the days of your life. The answers are always inside you, just waiting to be heard."

Click here to download her super worksheet for free:

<https://thework.com/instruction-the-work-byron-katie/>

Until next time, know that if the skyscape is not to your liking, you have the power to change it.

*Caroline*

*PS - Whenever you're ready, work with me directly to see how you, and/or any of your team can benefit from coaching kernels.*

*Hit the reply button to this email with "yes, more information please".*

*Spread the word...*



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