

## Adventures of the Soul Book Group Questions

Created by Elizabeth Galen, Ph.D., Green Heart Guidance, LLC

### **Introduction**

1. Art the Beatles right? Is all we need love?
2. Do you agree that we are eternal souls?

### **Chapter One: Body, Soul, and Spirit**

3. How do you feel about the concept that we are all one? Are we God?
4. Why do people act one way in public and another way in private?
5. Are our muses really divine Spirit moving in us?
6. Do you agree with Van Praagh's distinction between religion and spirituality?

### **Chapter Two: Consciousness, Energy, and the Power of Thought**

7. What do you do to raise your consciousness to a higher Level?
8. Do you believe that everything is made of energy?
9. Why do science and spirituality have such a hard time co-existing?
10. Do thoughts alter and affect energy in your opinion?
11. Do you believe that it's possible to interact with the dead?
12. Have you experienced the interaction of spiritual guides in your life?
13. What do you think about his idea of creating an intention every morning? Do you have a practice like this? Is this what prayer actual is?

### **Chapter 3: Near-Death Experiences, Out-of-Body Experiences, Astral Projection, and Remote Viewing**

14. Do you have any experience with any of the topics in this chapter's title? Do you believe they are possible?
15. What do you think the general population thinks about NDEs?
16. Van Praagh says "cognitive dissonance reduction" is "a fancy way of saying that if something doesn't fit into your established paradigm of how the world operates, then the importance of that 'something' must be reduced." How much of any issue is this in our society? Why do we operate like this?
17. Do our positive actions change the tapestry of humanity as a whole?
18. Do you believe in the Akashic records? Do you have experience with them?
19. Why would the military want to end a successful program using remote viewing? (Stargate Project)

### **Chapter Four: Death: The Doorway Home**

20. Do you see death as change rather than an end?
21. Should we celebrate death rather than mourn it?
22. Have you had a powerful experience around the death of someone you loved that has shaped your views of death?
23. How do Van Praagh's descriptions of the other side make you feel?
24. "Space is not limited, and time is not linear." Thoughts?

### **Chapter Five: The Spirit World**

25. Do you believe it's possible that our souls all go to the same place when we die? That Mother Theresa and Hitler are in the same place?
26. Are love and energy the same thing?
27. Do the levels of the Spirit World seem plausible to you? If not, how do you envision the afterlife?
28. What do you believe our souls are like after death? Do we retain our beliefs and flaws?

29. Does like attract like when it comes to people?
30. Do you believe angels as pure beings who have never incarnated exist? Have you ever interacted with an angel?

### **Chapter Six: Reincarnation and the memories of the soul**

31. Do you believe in reincarnation?
32. Is our soul's purpose to love unconditionally? If so, why?
33. Do you believe in karma? If so, how have you seen it play out in your life?
34. How much control do you believe we have over the situation we incarnate into?
35. Is Van Praagh's explanation of why we don't retain consciousness of previous lives plausible?
36. Do you have past-life memories?
37. Do you believe in soul groups?
38. Have you ever experienced the feeling of already knowing someone? If you don't believe in reincarnation, how do you explain it?
39. Why do you think child prodigies exist?

### **Chapter Seven: Your Soul's Lessons**

40. Do our families help us learn about ourselves? Do our partners teach us the truth within us?
41. Why do we get joy from helping others?
42. Is living in the moment the key to happiness?
43. Why do we endure abuse? Why do we abuse others?
44. Is addiction a lesson in learning to accept the help of others?
45. Are mistakes actually lessons?
46. Is fear just a test? An illusion? A trickster?
47. What role does forgiveness play in your personal growth?
48. Is guilt self-imposed?
49. Is an imbalance of health a challenge to growth?

### **Chapter Eight: Soul Choices**

50. Are we responsible for our influence on every single thing we encounter?
51. "The easiest way to make a choice is to ask ourselves whether our decision is coming from a place of fear or a place of love." Agree or disagree?
52. How do you practice mindfulness in your life?
53. Do you listen to your body? What does it tell you?
54. Do you view life under the question, "What is my soul learning from this?"

### **Chapter Nine: Living a Soul-Filled Life**

55. Should our goal be to leave the world a better place than we found it? Why? How do we do this?
56. Is life easy when you are following your soul's path?
57. Do our expectations of others hold us back?
58. Is it ok to not like everyone and to not have everyone like you?
59. Is joy an essential part to spiritual life? Why?
60. How do you maintain an attitude of gratitude?
61. What do you do to take care of yourself?
62. Do you find a need to do a periodic spring cleaning in your life?

### **Afterward: Soul Journeys**

63. Is meditation a doorway to the soul?

64. Does location matter for meditation? Does position?