

SPARK

CHANGE

JENNIE LEE

BOOK CLUB GUIDE

WELCOME TO THE BOOK CLUB GUIDE

S*park Change: 108 Provocative Questions for Spiritual Evolution* is a ready-made book club in your hands. No need to read a 300-page book to get started! These engaging questions come with explanations of significance and instructions for how to engage more deeply with them—an easy starting point for group discussion.

The book is divided into 12 major themes with nine questions per section that delve into some of the most enduring questions of psychology, self-improvement, and the spiritual path. You could go theme by theme and have each person share their favorite question, or choose the one topic of greatest relevance to your group. Or you could try ‘bibliomancy’—having one person open to a random page/question to get the conversation started.

Whether examining the attitudes that hold you back, or investigating your true purpose, these guided inquiries promote profound thought and deep connection. They will help you deepen your awareness of your innermost truth and initiate powerful shifts throughout your life.

Below are tips for getting your group set up and ways to make it a positive experience for all. Also included is a link to a meditation by the author, Jennie Lee, which will help you and your group get inwardly quiet and ready for effective self-reflection (and fun!).

TIPS FOR A SUCCESSFUL BOOK CLUB SESSION

- ✿ Create a simple mission statement for your club or establish a vision or goal for your time reading and discussing the book.
- ✿ Set expectations and have a structure for your meetings—this doesn’t need to be a strict, timed agenda, but have an idea on when to segue to the next topic or question to keep the discussion flowing, and also how long the session will last.
- ✿ Though this may be an obvious one: make sure everyone brings their book to reference during your discussions.
- ✿ Make sure you have read at least some of the book, or the selected chapters you agreed to discuss. This can also serve as a good way to kick off the discussion.
- ✿ Encourage readers to mark their favorite quotes or passages to share with the group. Alternatively, with *Spark Change* you can also each take turns opening to a random page and discussing the question presented.
- ✿ Be present. Turn phones off and give one another the time to really consider and discuss what you have read.
- ✿ If gathering in person, take turns bringing refreshments to share.
- ✿ If hosting virtually, invite people to bring their tea or wine as part of the experience.

A CENTERING MEDITATION TO START YOUR SESSION

Though not required at the start of a session, the following guided meditation may be helpful to share with your group to help establish a safe environment to discuss with one another without judgement. Some of the questions in the book may be very personal, and it is recommended that if someone does not feel comfortable sharing, that there is no expectation that they must answer.

You can access the guided meditation here. <http://jennieleeyogatherapy.com/meditation-for-effective-self-reflection>

ADDITIONAL DISCUSSION GUIDING QUESTIONS

✻ What was something you learned from reading this book?

✻ Was there a specific passage that left an impression? Share the passage and its effect.

✻ Did the book change your perspective on embracing change in your life? If so, how?

✻ What are your greatest fears around making change?

✻ In what ways do you feel more empowered to change as a result of reading the book?

✻ What question will you keep pondering for a while?

✻ Which question was the most difficult to answer?

✻ Did you have any 'aha' moments while reading?

✻ Is there a question you don't understand?

✻ What theme resonated most for you at this time in your life? Which one least?

✻ What did you discover about yourself as you explored the questions?

✻ What part of your personal spiritual growth is most challenging? And which question would help keep you on track?

✻ What broader social issues can be addressed with this book?

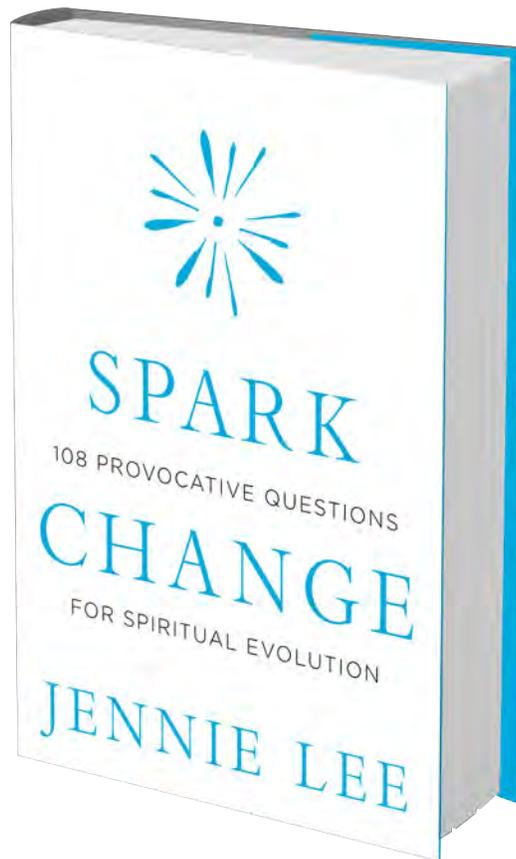
✻ What's your biggest takeaway from the book?

✻ Who do you wish would read this book?

✻ Describe the book to a friend in one sentence. Mention in what way it could be useful to them.

✻ What questions are you most likely to share or discuss with friends or loved ones?

✻ If you could ask the author, Jennie, one question, what would it be?



Jennie Lee is the award-winning author of *True Yoga: Practicing with the Yoga Sutras for Happiness & Spiritual Fulfillment* and *Breathing Love: Meditation in Action*. She is a recognized expert in the fields of yoga therapy and spiritual living. As a certified yoga therapist, she has taught classical yoga and meditation for more than 20 years, and coached private clients in the practices that integrate life spiritually, mentally, emotionally, and physically. Her writing is featured regularly in national magazines such as *Light of Consciousness* and *Yoga Therapy Today*, and online at Yogapedia, Yoga Digest, mindbodygreen, and many more. She also writes inspirational screenplays and facilitates international wellness retreats. For more, see jennieleeyogatherapy.com.

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