

Principles of Abundance for the Cosmic Citizen

Group Discussion Questions

1. Do you agree with the author's definition of "life" (pp. 8-9) and her assertion that our earth is alive? What are the implications?
2. The author talks about fear affecting our attitudes and even physical health. Would you agree that we are motivated primarily by fear, specifically a fear of scarcity?
3. How would you define "enough" for yourself? How does your sense of what is enough determine your life choices?
4. "We are all interconnected energy waves"(p. 51). Have you had a personal experience with feeling this energy? When was it most pronounced?
5. The author states that "the universe doesn't actually exist until we observe it" (p. 71). How do you react to this statement? What implications does it have for making changes in your life?
6. The author states that time is "simply an organizational construct that we use to make sense of our experience" (p. 87). This sounds very science fiction, but do you think it could be true? How would it affect how you view your life choices?
7. The author says that "our basic way of being is nondualistic when we aren't socialized into the fallacy of dualism" (p. 102). What does she mean? What are the implications for how you approach your life?
8. Would you agree that "we are part of an interdependent community of life" (p. 119)? If so, what are the implications for how you relate to others?
9. The author states that "we survive because of our ability to adapt and collaborate" (p. 141). Are you convinced? What are the implications?
10. The author says that "it is in fact a wide range of cooperative relationships, not competition, that make survival and evolution possible" (p. 153). Would you agree, or is she being naïve about the importance of competition?
11. Is viewing yourself as a "cosmic citizen" something you feel is important? If so, why and what are the implications for your life?
12. What did you find surprising about the facts introduced in this book?
13. How has reading this book changed the way you view yourself and others?
14. Does the author present information in a way that is interesting and insightful? If so, how does she achieve this?
15. If the author is writing on a debatable issue, does she give proper consideration to all sides the debate? Does she seem to have a bias?
16. What part of this book inspired you in some way? Explain.
17. Did you find the exercises in the book helpful – why or why not? Which exercise in the book was the most meaningful to you?
18. Will you read other books by this author? Why or why not?