

*A Four Week*  
**DISCUSSION**  
**Group Guide**

Exploring the question  
of a lifetime:

*“Who Does Your  
Soul Ask You to Be?”*

Based on the Book  
**YOUR (RE)DEFINING MOMENTS**  
*Becoming Who You Were Born to Be*

By Dr. Dennis Merritt Jones

"In *Your (Re)Defining Moments*, Dennis Merritt Jones offers a compass that leads us inward to the authentic Self, that unique spark of Life we were the moment we were born. When you read this book you will embark on the journey of becoming who you were born to be."

-Dr. Cherie Carter-Scott, MCC, author of the  
New York Times bestseller *If Life Is a Game, These Are the Rules*

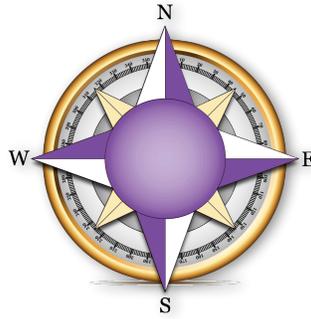


**YOUR  
(RE)DEFINING  
MOMENTS**

**BECOMING WHO YOU  
WERE BORN TO BE**

**DENNIS MERRITT JONES**

AWARD-WINNING AUTHOR OF  
*THE ART OF UNCERTAINTY*



A four week Discussion Group Guide based on

# Your (Re)Defining Moments

*Becoming Who You Were Born to Be*

Dr. Dennis Merritt Jones

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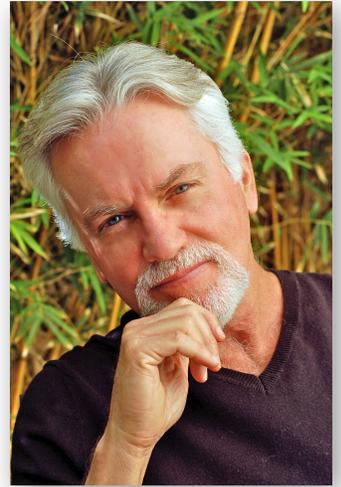
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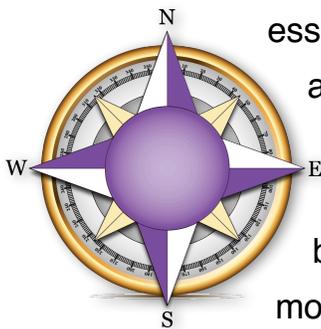
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## A Note to the Group Facilitator

Allow me to thank you for your interest in facilitating a Discussion Group based on *Your (Re)Defining Moments - Becoming Who You Were Born to Be*. I will assume that you have chosen to lead this Discussion Group because you have already read the book and found that the concepts within resonate with you. As the group leader you will have the opportunity to open that same portal of awareness for those in your group. In the process, you will actually discover yourself deepening your own understanding of the role that your “redefining moments” play in creating a life worth living. Powerful things happen for everyone in the dynamics of a shared group experience—including the facilitator!



The theme of the book that will be consistent throughout this Discussion Guide is as follows: Within each of us lies the Authentic Self we were the moment we were born, before we got “spiritual amnesia”; before our true Self became covered over—before the world began the process of labeling us,



essentially telling us **who** we “should be” rather than who we authentically are. Each chapter is dedicated to guiding us back to that sacred center within where the authentic Self awaits our recognition of its presence. The process of finding our way back to our center **unfolds** naturally as we become more and more aware of our redefining moments; those palpable micro-

moments in the course of our daily lives when something happens that hooks our attention, often in very subtle and unexpected ways. A redefining moment compels us to gaze inward toward the Authentic Self—who we were born to be—realizing its steadfast presence is always there. It is in those moments that we see the gift of a life worth living that awaits us just beyond our current beliefs, perceptions, and attitude about life.

Because of the manner in which *Your (Re)Defining Moments* is formatted, you will discover that the book actually does much of the teaching for you. As the facilitator, your job is to create a safe space for the sharing that evolves from each week's reading assignments. I honor and support you in your willingness to provide a safe and open environment wherein each participant will discover the value and meaning of living an authentic life—a life of their own making—based on countless redefining moments that lead to the ultimate answer of the question, “Who does your soul ask you to be.”

### **Think of Yourself as a Guide**

As the Discussion Group Leader, I encourage you to see yourself as a “guide” rather than as a teacher or an authority on the subject matter. Be mindful to create openings for each person to participate in the dialogue and self-discovery. Let it be your job to guide or facilitate the conversations, keeping them on point and moving forward, but never dominating the conversation. Be mindful to give each person the space to have their own opinions and experience of the journey you travel together.

### **How it Works**

- This course of study is spread over four-weeks for approximately two hours per session. Each of the four sessions will offer a guideline for discussion based on specific chapters. ***NOTE: It is recommended that each participant be advised to come to the first week's study group having ALREADY read the introduction and the first three chapters because they will be the basis of the discussion for the first session.***

- A book, once written in, becomes a very personal record. It is recommended that each person have their own copy of *Your (Re)Defining Moments* so they can write in it and/or underline or highlight passages that are meaningful to them. It will help enhance their interaction in the group and will also be a useful tool when rereading certain parts of the book.
- At the end of each week's Guide you will find "Work to Do During the Week" (aka, Homework). The suggested homework is included as part of the discussion topics during your next meeting. It consists of a list of the chapters to be read *during* the following week as well as some additional recommended work. It is important the participants be encouraged to give extra attention to the *Points to Ponder and Personalize* at the end of each chapter. I also recommend implementing the *Mindfulness Practices* found throughout the book. The *Mindfulness Practices* help to energetically activate specific ideas, taking them from the intellect to the heart. The *Points to Ponder and Personalize* help summarize the salient ideas in a manner that allows the reader to internalize them.
- This Guide provides structure and discussion questions for each group meeting. However, you don't have to adhere strictly to the Guide. You will discover there is more material offered than your group will find time to use every week, or that only one or two questions dominate the discussion during a particular week. Try to be sensitive to the rhythm of the group and let the process flow organically. As is sometimes the case, it

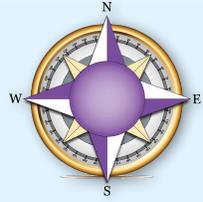
may be that your group will want to extend their time together beyond the four weeks to cover some material in more depth.

- To begin the discussion each week, I have provided a series of quotes from *Your (Re)Defining Moments* (with the page numbers for easy reference) followed by specific questions you can ask as written or reframe in language that is more your style. My hope is that the discussion will also prime the pump for the experiential *Optional Group Processes* or workshops I have inserted in the Guide. Again, there are probably more processes than you'll have time for, so pick and choose what works best for your group.
- Keep in mind that the reason for the group is to create a space where common experiences can be shared. My hope is that each person hears something that deepens their own experience of *Your (Re)Defining Moments - Becoming Who You Were Born to Be*.

Thank you for joining me on this journey. If you have questions about this Discussion Guide, my other books, study guides, workshops, mentoring services, or keynote speaking, please feel free to contact me through my website at: [www.DennisMerrittJones.com](http://www.DennisMerrittJones.com)

Peace, *Dennis*

## WEEK ONE:



- **Introduction** - Preparing for the Journey
- **Chapter One** - Being an Original Begins Here
- **Chapter Two** - You Are Hardwired to Express
- **Chapter Three** - Remembering to Remember Who You Really Are

## WEEK TWO:

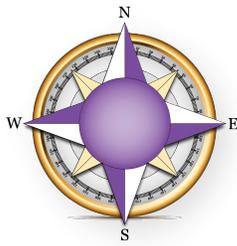
- **Chapter Four** - Ten Road Signs a Redefining Moment Lies Ahead
- **Chapter Five** - The Power of Silence and Reflection
- **Chapter Six** - The Practice and Power of Self-Inquiry
- **Chapter Seven** - Rocking the Boat

## WEEK THREE:

- **Chapter Eight** - The Hero's Journey
- **Chapter Nine** - The Seven Intrinsic Qualities of the Authentic Self
- **Chapter Ten** - The Seamless Self Emerges
- **Chapter Eleven** - Your Body Does Not Define You

## WEEK FOUR:

- **Chapter Twelve** - Forgiveness Can Be a ReDefining Moment
- **Chapter Thirteen** - The One Thing We All Have in Common
- **Chapter Fourteen** - Staying Teachable
- **Chapter Fifteen** - Mindfulness Is the Practice



## DISCUSSION GUIDE: Week One

Welcome all participants and begin with a quick ice-breaker by asking them to introduce themselves and *briefly* share what it was that caused them to join the *ReDefining Moments* Study Group.

### Discussion Points for the Introduction

#### *Preparing for the Journey*

1) QUOTE: *I often wonder how many of us are living our lives based on who we are not rather than who we truly are. Since the day we were born, we learned to define ourselves primarily based on the input of others. (pg. 1)*

- Looking back at your life from the day you were born, can you relate with the idea that many labels were placed on you, all of which you had no say in; labels such as gender, ethnicity, nationality, white, black, brown, yellow, and so on?
- Can you see that as you aged more and more labels became adhered to you based on the opinion of others? Labels such as tall, short, skinny, fat, pretty, handsome, homely, smart, dumb, and so on?

- Can you discern how you may have unknowingly accepted and lived up to—or down to—many of these labels over the years rather than challenging and removing them?

2) QUOTE: *Every moment has the potential to be a redefining moment when we utilize the opportunity to look more deeply into the mystery of the true Self and learn how to actualize Its qualities in our daily lives. (pg. 4)*

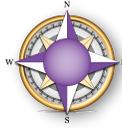
- Does it make sense that beneath all the opinions and labels the world has attached to you, in every moment there stands before you a redefining moment; a possible glimpse of the authentic self—an individuated aspect of the Original Self—you were born to be?

3) QUOTE: *A prerequisite to stepping through those portals leading to our redefining moments means we might have to let go of some of what “has been” required to make room for what “can be.” (pg. 5)*

- Can you see your life, from this point forward, as a pilgrimage you are taking to the place you never really left; your oneness with the Original Self wherein you shall rediscover your Authentic Self?
- We often carry emotional baggage crammed full of “stuff” that may impede our progress; many of

us are weighed down with old, repetitive, and less-than-productive thoughts and memories. Are you carrying any old baggage?

- ☑ The quintessential question is, are you aware of what you may need to let go of to make the journey possible...and are you ready to depart?



### Discussion Points for Chapter One

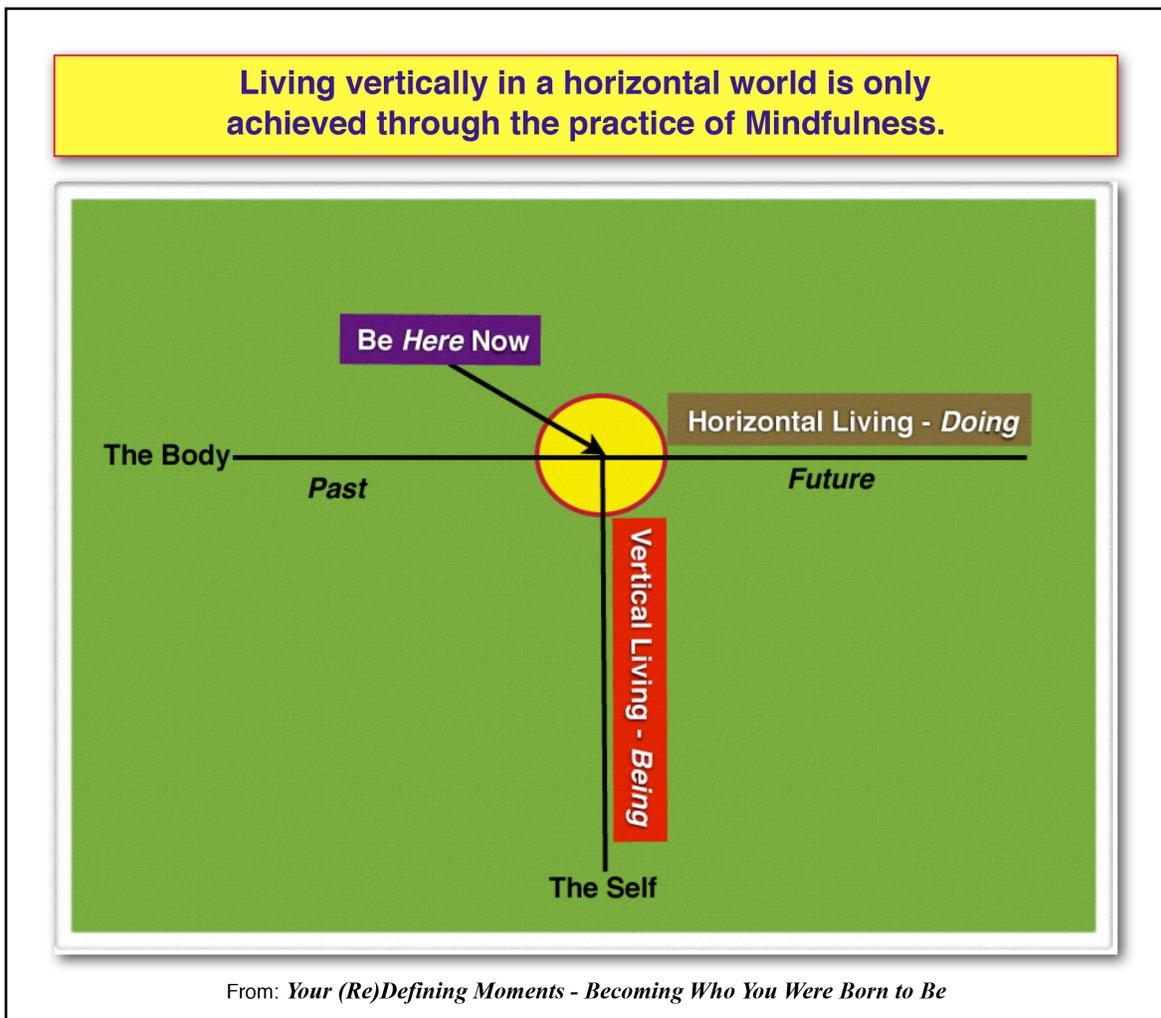
## *Being an Original Begins Here*

4) QUOTE: *Inherent in every living thing is an insatiable hunger, the innate desire to express life by freely and fully being “what” it was uniquely created to be. To personalize this, consider the possibility that there was a time when you were a “what” before you were a “who.” (pg. 15)*

- ☑ Can you discern the difference between “what” you are and “who” you are? One being pure spirit and the other being related to form, opinions and judgements.
- ☑ This is the invisible link between your authentic self which is formless and your personality self which relates with life through the five senses and the many egoic labels it wears.

5) QUOTE: *This is the sojourn you were born to make, not just once but many times in your life, each time returning, from your center, to the surface of your life with a deeper awareness of who you truly are beneath the trappings of the egoic-self and a world that defines itself by what lies on the surface. (pg. 15)*

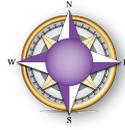
- ☑ Does the practice of mindfully bringing your authentic “being” into your human “doing”—where vertical living and horizontal living intersect—make sense to you? (See the chart below and discuss—a full size version is included in the Optional Group Process which can be printed and shared.)



- ☑ Can you see how the intentional merging of the body (who you are) and the Self (what you are) only happens in the present moment when you become mindfully aware of where you are in time and space? The question is, where is your conscious mind much of the time...in the future, the past...or the present moment?

6. QUOTE: *Living closer to the center of our being is the practice of a lifetime. While it is the road less traveled, there is a pathway for seekers that guides us there, a pathway lined with one defining moment after another if we learn how to mindfully connect to them in our daily life.*  
(pg. 24)

- ☑ Mindfulness practices such as emotional awareness and focused breathing will serve you well in living closer to the center of your being. Can you name a few others?
- ☑ With mindfulness you can see that your redefining moments *are drawn to you* sequentially to support you in the process of your own evolution. Do you believe that is true?
- ☑ Can you embrace the concept that a redefining moment is a perfectly aligned portal in space and time, opening and closing, creating whatever experience is required to guide you back to the authentic self where you began this amazing journey—your oneness with the Original Self.



## Discussion Points for Chapter Two

### *You are Hardwired to Express*

7. QUOTE: *...energy will find a way out from your center to the surface of your life. Once you are aware within you lies a condensed energy propelling the desire to authentically express yourself—to be who you truly are—you can direct it mindfully in a manner that serves you extremely well as you approach your redefining moments. (pg. 29)*

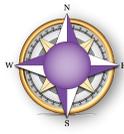
- We know that a redefining moment begins as an energy vortex that draws the authentic self up (vertically) and out (horizontally) and into present moment awareness. Can you relate with this process?
  
- Do you ever have moments during the course of the average day when you feel that energy stirring, pulling you up and out, naturally encouraging you to express yourself in ways others may not understand or agree with? If so, do you usually go with it or resist it?
  
- Can you describe what that energy feels like as it tries to get your attention?

8. QUOTE: *It is virtually impossible to have a redefining moment without first having established a baseline by means of which we define ourselves. That baseline began at our birth and was more than likely established in a litany of fear-based limitations. (pg. 30)*

- ☑ When you were young what was your experience when you tried to “color outside the lines”— following your own unique pathway of expression. Were you encouraged or discouraged to explore by your caretakers? In either case, can you see the same behavior repeating itself today?
  
- ☑ Can you locate within yourself the creative urge to express your authentic self; that part of you that may have been “bottled up” in acquiescence to the voice of others? If so, are you willing to hear what it has to say? Can you describe it in words?

9. QUOTE: *You cannot push down the innate urge to express your authentic self without a serious push back from the Universe. The universal imperative is grow or die; if you fail to pay attention to the innate desire to push out, that hunger will slowly consume you. (pg. 36)*

- ☑ “If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.” — Gospel of Thomas
  
- ☑ Discuss the aforementioned quote from the Gospel of Thomas with the group. Are you beginning to relate with the idea that you are “hardwired” to express your authentic self and that the consequences of not doing so are detrimental to your wellbeing and longevity on the planet?



## Discussion Points for Chapter Three

### *Remembering to Remember*

### *Who You Really Are*

10. QUOTE: *Finding your way back to who you were born to be is a process of repeatedly passing through moments, days, months, and even years of darkness and light, again and again, forgetting and remembering, forgetting and remembering. (pg. 40)*

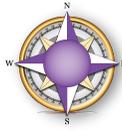
- Can you relate with the idea that finding your way back to the authentic self you were born to be isn't about adding anything new to your mind—but actually removing erroneous thoughts and beliefs that have covered over your authentic self?
  
- How do you feel about intentionally entering into “unknowingness”—meaning the necessity of creating an opening and receptivity to reveal aspects of the authentic self that has always been there awaiting your arrival?
  
- What thoughts or beliefs do you currently hold that may need to be removed (forgetting) to facilitate a deeper knowing (or remembering) of who you came here to be?

11. QUOTE: *One of the “tunnels of forgetfulness” where many of us tend to get derailed happens when we misinterpret our wants for our needs. (pg. 42)*

- Remembering that where we focus our primary attention determines what defines us, are you able to discern the difference between your needs and your wants?
- Can you identify any of your “wants” that may be affecting how you have been defining yourself by mistaking them for needs?
- Have you ever found yourself on the “hedonic treadmill” pursuing the next great want—and, if so, upon obtaining it, did it produce the inner peace you were really seeking?

12. QUOTE: *Becoming who we were born to be is a return to wholeness through the portal of a redefining moment...what matters most is remembering the way home. (pg. 49)*

- Have you ever found yourself in the “Far Country”—feeling separated from your source because you were consumed with pursuing your wants?
- Are you ready for the journey back to wholeness, to the place in truth you never really left; your oneness with the Original Self...?



## Optional Group Process

There is great power in hearing oneself declare to another person his or her intentions to explore *and apply* the concepts found in *Your (Re)Defining Moments*. As an experiential process divide the group into dyads (groups of two)—and facilitate the following dialogue within the dyads.

### **Discuss the following with your partner:**

1. Share any insights you have gained regarding your journey back to your authentic self:

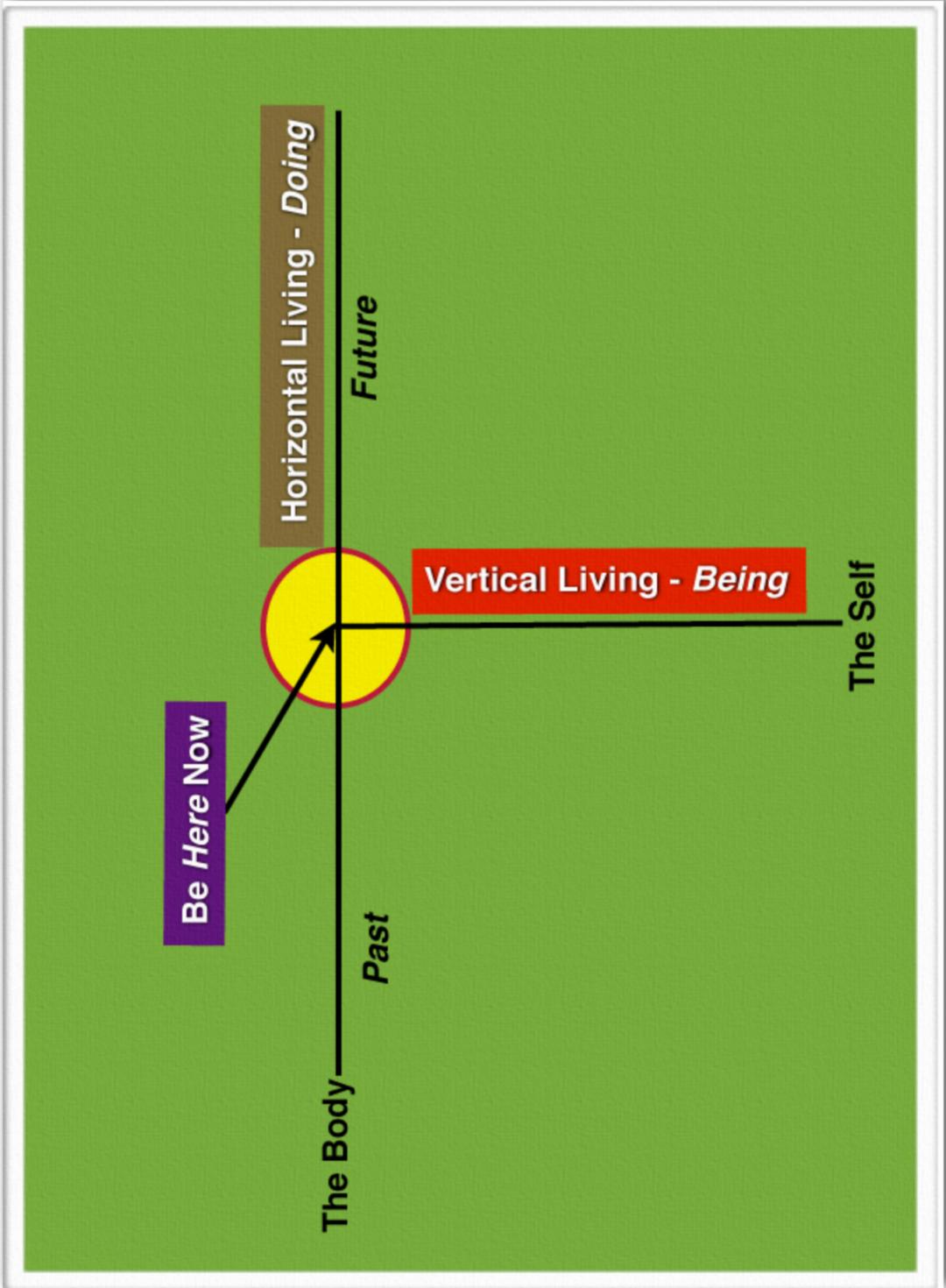
- *What “baggage” might you have to let go in order to continue the journey?*
- *What labels might have been placed on you by others that you may have unknowingly accepted and allowed to define you? Are you ready to shed them?*
- *Have you placed any limiting labels on yourself that have aided in defining who you thought you were—and are you willing to release them? What would be the first step?*

2. When we say that we are “hardwired to express” can you locate any energy within you that feels suppressed or pent up?

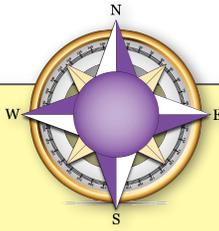
- *Can you imagine yourself finding the perfect proactive way to release that energy? If so, describe what that would look like; share how you would direct that creative energy.*

*Copy and share for discussion*

**Living vertically in a horizontal world is only achieved through the practice of Mindfulness.**

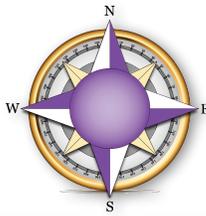


*From: Your (Re)Defining Moments - Becoming Who You Were Born to Be*



## ***Homework for Next Group Meeting***

1. Read the following chapters and be prepared to discuss:
  - **Chapter Four:** *Ten Road Signs that a ReDefining Moment Lies Ahead*
  - **Chapter Five:** *The Power of Silence and Reflection*
  - **Chapter Six:** *The Practice and Power of Self-Inquiry*
  - **Chapter Seven:** *Rocking the Boat*
2. As you read, be sure to highlight, underline, or otherwise notate passages that grab your attention. This is your heart telling your mind that these concepts need to be examined, possibly challenged and perhaps changed.
3. During the week make an effort to be mindful and aware of the potential redefining moments that constantly lie before you simply awaiting your attention. Make note of these observations for discussion next week; when/where did they happen and how you responded.
4. Pay particular attention to the Points to Ponder and Personalize at the end of each chapter because they will help “embed the point” in your mind, allowing you to retain the consolidated essence of the chapters.
5. Daily sit in silence, and take the inward vertical plunge, connecting with the authentic self that patiently awaits your recognition of its presence. Review the chart “Living Vertically in a Horizontal World” and imagine bringing the authentic being you find there up from your center and into your daily life. How does that feel...what does that look like in real time?



## DISCUSSION GUIDE: Week Two

Welcome all participants and invite them to share how *Your (Re)Defining Moments* may have affected their lives the past week. Ask the question, “Were you able to discern any possible redefining moments this week; those instances that invited you to pause and look deeper within and connect with your authentic self?” This inquiry creates an effective opening that allows participants to connect, share, and learn from one another. This time spent before you jump into the discussion questions can be very helpful in creating the social bond and learning environment necessary for the group dynamic.

### Discussion Points for Chapter Four

## *Ten Road Signs a Redefining Moment Lies Ahead*

1. QUOTE: *...if we are not mindfully watching for them, we will often miss the signs along the way telling us a redefining moment is at hand. Redefining moments always create an opening for us to see a little deeper into who we really are if we are willing to slow down and notice them. (pg. 53)*

- Can you see the importance of practicing mindfulness everyday as a way to slow down your thinking mind and pay attention to what is happening in the present moment?

- ☑ Are you able to “freeze-frame” what is happening in the present moment and look deeply into it, knowing that is where your redefining moment awaits?

2. QUOTE: *When you set your intention to consciously evolve, you naturally begin to pay attention and redefining moments appear as they are needed. They are drawn to you sequentially to support you in the process of staying the course on your pilgrimage. (pg. 55)*

- ☑ Which of the Ten Signs that a redefining moment may be approaching most caught *your* attention?  
Discuss and share with your group.

1. Moments that challenge your ego—and moments your ego challenges you.
2. Unexpected events.
3. Times of significant loss.
4. First-time experiences.
5. Discontentment.
6. Disappointment.
7. Experiencing someone or something that instantly inspires you to grow.

8. Birth of a loved one.
9. Death of a loved one—or your own death.
10. Asking the big questions.

- Can you add any additional signs that a redefining moment may be approaching to the list?



### Discussion Points for Chapter Five

## *The Power of Silence and Reflection*

3. QUOTE: *Silence is the compass that guides you to your center; reflection is the practice of recognizing your authentic self there. (pg. 74)*

- Are you comfortable with silence as you mindfully descend from your outer awareness to the center of your inner being wherein the authentic self resides?
- What are some of the more common distractions in your daily life that give you an “excuse” to avoid taking the inward plunge—and are you willing to transcend those noises and distractions?

### Examples:

- Are you becoming more aware of situations when silence seems to be missing, such as being around people who never stop talking long enough to take a breath. Is it possible that *you* are that person? (Listen to your own internal chatter.)
- Have you become more mindful when the television is far too loud and consuming any potential for silence in the room.
- Do you ever interrupt your work (or play) to stop and repeatedly check your eMail or incoming text messages? In other words, are you easily distracted from the task at hand by being victim of an unfocused, wandering mind?

4. QUOTE: *Have you ever had those moments when you felt lonely and cut off from the rest of the world? Could it be that you most need to be by yourself because something within you is stirring that needs your undivided attention and perhaps has a message for you. (pg. 77)*

- Does the aforementioned quote inspire you to go deeper and listen when you are affronted by moments of loneliness or do you make an effort to avoid those feelings?
- There is a profound difference between loneliness and aloneness. Can you describe the difference?

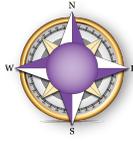
- Do you believe it is possible that infinite Presence has never left you alone—that It has merely “let” you alone so you may discover your authentic self?

5. QUOTE: *Silence and stillness work in tandem, taking us deeper into the realm of the true Self. Silence opens us to experiencing the absence of noise, but stillness sets the stage. (pg. 80)*

- Can you relate with the difference between silence and stillness?
- Is it possible to enter into stillness even when the outer world is anything but silent? If, so how would you go about it?

6. QUOTE: *The ripple effect of being in silence can be profound if we are willing to pause, enter the silence, and listen to the quiet. (pg. 82)*

- Does the practice of mentally “dropping the rock” makes sense to you? Can you see how it grounds you more in the moment?
- Are you beginning to experience the relationship between entering the silence and reflecting on what the true Self has to say once you arrive there?



## Discussion Points for Chapter Six

### *The Practice and Power of Self Inquiry*

7. QUOTE: *...the greatest treasure of life, the Original Self, has personalized and buried Itself within you as your authentic self—and it lies patiently waiting for you to unearth it so you may draw upon the blessings that come naturally when you are being your true self. (pg. 87)*

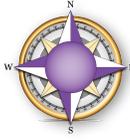
- Do you ever have intuitive moments of remembrance sensing that within you lives something greater than “who” you are—something that feels innately connected to “what” you are; a divine unique individuation of the Original Self?
- Do you believe that the innate intelligence within holds information that would help you develop an awareness of what you need to know for your greater evolution—to become who you were born to be?
- If so, do you try to communicate with that presence? By communicate we mean speaking to it *as well as listening* to what it has to say. This is the process of self-inquiry.

8. QUOTE: *A commitment to conscious self-inquiry keeps us moving deeper into the territory where our authentic self was buried when we were born. Self-inquiry helps us remember the way back—it helps us remember who we truly are and, thus, who we were born to be. (pg. 91)*

- Does it make sense to you that any authentic self-inquiry must first navigate through the question, “Who am I” for it is only through first knowing the answer to that question that the authentic self may respond to all other questions.
- Can you see the wisdom of practicing self-inquiry when making difficult choices or decisions? How does it help?

9.) QUOTE: *The practice is to dive into self-inquiry with a high level of involvement in the process and a low attachment to the idea that we have nothing more to know, do, or be. (pg. 99)*

- Do you consider yourself “teachable”? In other words, do you resonate with the idea that as long as you live, there will be deeper truths to explore because you are surrounded by infinite possibilities?
- Are you willing to invoke self-inquiry with your authentic self, knowing that beneath your initial question there may be more underlying questions awaiting your engagement?



## Discussion Points for Chapter Seven

### *Rocking the Boat*

10. QUOTE: *Many of us live in denial of who we truly are because we fear losing someone or something—and there are times that if we don't rock the boat, too often the one we lose is ourselves. (pg. 103)*

Relationships are like boats; they carry two or more people to a common destination. What “boat” might you be avoiding rocking because you fear losing someone (or something) or gaining the disapproval of others because they believe “their way” is the only way?

- Family
- Friends
- Coworkers
- Cultural
- Religion
- Politics
- All the above
- Other \_\_\_\_\_.

Can you remember the first time you held back on authentically being yourself around others because you felt you didn't fit it in? Can you describe that feeling?

11. QUOTE: *When you are free to be yourself, the essence of that “something” larger than you naturally spills over into everything you say and do, bringing with it the affirmative life force of your authentic self. (pg. 107)*

- Can you feel the pull of the authentic self, especially when tempted to follow the crowd?
- Do you consider yourself as belonging “in” your tribe—or belonging “to” your tribe? Discuss the difference. (Hint: Freedom!)
- Have you ever gotten into “trouble” because you fearlessly followed the truth that called to you? If so, what did you learn from the experience?

12. QUOTE: *Challenging your own beliefs can serve as a filtering system that enables you to compare what is in your mind with what is in your heart and to confirm there is a congruency between thought, feeling, and belief. (pg. 112)*

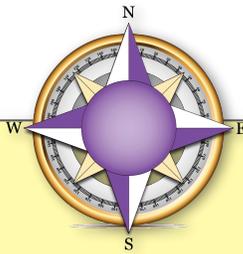
- Do you ever observe yourself thinking or saying things that you know in your heart of hearts you don't really believe? If so, where do you think those beliefs originated?
- Are you willing to challenge beliefs that lack congruency between your thoughts, feelings and beliefs?

## Optional Group Process

**Read the following quote out loud and then do the exercise below.**

“Silence is a sacred continuum that is eternally offering itself to you. You don’t have to go on a quest to ‘find’ silence—it’s a matter of uncovering it right where you are. Think about it: if all external and internal sounds were eliminated, only silence would remain. It’s always there—it’s just being covered over by sound. The primary reason more people never actualize their authentic self is because they unconsciously avoid silence, or they are just so focused on what is going on *around* them, on the surface of life, they never create an intentional gap in time and space to notice and reflect upon what is going on *within* themselves, at the core of their being.” (pg. 75)

1. Invite *everyone* in the study group to talk LOUDLY to one another all at the same time. In addition, at the same time, play some music at a louder-than-normal volume. Then find a way to add at least one more layer of “noise” to the room; perhaps bang on a drum, pot or pan, etc. **Keep this up for at least several minutes so there is a cacophony of sound** wherein the din of the noise covers over any semblance of silence.
2. After several minutes slowly peel away the layers of noise; first, lower the volume on the music until it fades away while the group continues talking loudly.
3. Then, slowly stop banging on the pots and pans, drum, etc.
4. Finally, invite the group to SLOWLY lower their voices until they begin to whisper...and finally cease talking altogether. Witness the silence arise!
5. Invite each person to slowly draw some deep breaths and listen to the silence that was *always* there—it was only being covered over by external noise.
6. Discuss how this awareness can be applied to their daily lives. The deeper they can dive into silence the more of the authentic self they will discover awaiting their arrival!



## ***Homework for Next Group Meeting***

1. Read the following chapters and be prepared to discuss:

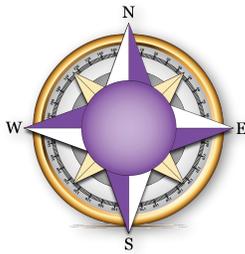
- **Chapter Eight:** *The Hero's Journey*
- **Chapter Nine:** *The Seven Intrinsic Qualities of the Authentic Self*
- **Chapter Ten:** *The Seamless Self Emerges*
- **Chapter Eleven:** *Your Body Does Not Define You*

2. Make a commitment to become the observer this week of when you might feel the authentic self tugging on your soul—trying to gain your attention. What is it telling you? Don't judge yourself or others—simply witness your thoughts, deeds, actions and reactions to every circumstance, conversation and event. Remember, your quest is to mindfully bring your “being into your doing.” (Review the “Living Vertically in a Horizontal World” chart from last week’s work.)

3. When you observe an event, conversation, or circumstance, note what you are feeling both emotionally and physically. Pay particular attention to your strongest emotions (positive or negative) and notice how and where they are affecting your body. This is key to bringing your being into alignment with your doing.

4. Create a journal and take time daily to write what you have witnessed about yourself—your thoughts—deeds—feeling and actions. Be honest with yourself. This is an important part of waking up and staying awake... and becoming who you were born to be!

5. Enjoy the journey back to the point you never left—the Original Self!



## DISCUSSION GUIDE: Week Three

Allow a few minutes for sharing. Ask if anyone witnessed any of the “Ten Road Signs” that a redefining moment was approaching them in the past week—and, if so, which ones? Also, ask if anyone in the group was more aware of any “boats” they may have “rocked” in the past week—and how did that feel?

### Discussion Points for Chapter Eight

#### *The Hero’s Journey*

1. QUOTE: *You can’t make or fake bliss because it flows naturally and directly from the authentic self; ours is to follow its lead...your highest purpose can only be realized through consciously aligning with your authentic self and then courageously harnessing the power it gives you to step through the portals created by your redefining moments. (pg. 117)*

- Are you able to identify what *your* bliss is? The dictionary defines the word bliss as “Extreme happiness, ecstasy, and serene joy.” What do you see yourself doing to evoke those feelings in you?
- Can you discern the relationship between seeking your bliss and living an authentic life—a life wherein your redefining moments appear before you when needed?

- ☑ Are you able to feel the ever-so-subtle nudges your authentic self uses to gain your attention when the the creative urge to express your true Self arises? If so, share how that is for you.

2. QUOTE: *Is it easy to follow your bliss? Of course not—that is why Campbell calls it the “hero’s journey.” To complete the hero’s journey, you must depart the safety of the castle (the known), venture out into the world (the unknown), confront whatever stands between you and your purpose for being, and return a changed person. (pg. 123)*

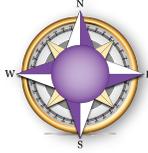
- ☑ Are you able to discern what your “Hero’s Journey” might be? if so, share with the group.
- ☑ What “dragons” (fears) could be lurking in the dark caverns of your mind that want to keep your life just as it is? Are you willing to face those dragons by exposing them to the light of a new day—birthed in the awareness that your authentic self is emerging from within?
- ☑ Does the notion of following your bliss sound unrealistic, unachievable, or even selfish? If so, where do you think those beliefs originated—and are you open to exploring the idea that they may not not true?

3. QUOTE: *Your talent is waiting for you to set it free so it can set you free...when we allow the talent gifted to us by the Creator to emerge from within the core of the authentic self, it takes on a life of its own and guides us where we need to go to honor its expression. (pg. 124 - 125)*

- Can you discern the relationship between using your natural God-given talents and following your bliss by giving your authentic self permission to come out and play?
  
- When it is said we have to be passionate and courageous enough to follow our talent, especially into the dark places where it may appear we are all alone, can you visualize your authentic self lighting the way?

4. QUOTE: *Are you an innovator or an emulator? Your willingness to experiment with your life determines the answer. If there is one thing all individuals who are innovators have in common it is that they are more inclined to naturally seek and follow their bliss. (pg. 126 - 127)*

- Do you consider yourself to be a trail blazer (innovator) or a path follower (emulator)?
  
- Can you discern the invisible tether linking your authentic self and your willingness to be an innovator, carving your own unique path in life by following your bliss?



## Discussion Points for Chapter Nine

### *The Seven Intrinsic Qualities of the Authentic Self*

5. QUOTE: *The egoic-self is very resourceful in creating a false illusion of separation from the Original Self by crafting some very convincing masks that shroud the authentic self—which, remember, is that point within where the Original Self has left Its unique imprint. (pg. 135)*

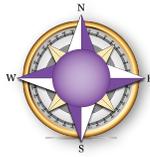
- Can you embrace the idea that your authentic self is, in essence, a microcosm of the macrocosm, the Original Self (aka, God, Spirit, the One, etc.) whose only impulse is to express Itself in a unique, one-of-a-kind way in, through, and as you?
  
- Understanding that your ego is a “master mask maker” who thinks its primary job is to cover over your authentic self, how does that awareness affect how you see yourself today?
  
- Have you yet begun to identify the layer of masks you may have been wearing during your lifetime? If so, which one(s) have been the most easy to identify and which the most difficult?

6. QUOTE: *When consciously living in the presence of the authentic self, seven intrinsic qualities will naturally rise in the field of our awareness, and they can't be missed or ignored. (pg. 136)*

When considering the seven intrinsic qualities of the authentic self which *one* resonates most deeply with you and which *one* is most difficult for you to see in yourself and—in both instances—why do you think that is?

- *Wholeness,*
- *Reverence,*
- *Fearlessness,*
- *Integrity,*
- *Humility,*
- *Equanimity,*
- *Love*

Has it become more apparent to you that revealing your authentic self is a process of subtraction, not addition? By removing old beliefs that no longer serve the wholeness of who you really are, you are free to be who your soul asks you to be.



## Discussion Points for Chapter Ten

### *The Seamless Self Emerges*

7. QUOTE: *Being the same person on Saturday night you are on Sunday morning is the practice of living so consciously and transparently that your soul, head, heart, mouth, and feet are all aligned and moving, with great consistency, in the same direction at the same time. (pg. 160)*

- Are you able to observe how your behavior may change depending on where you are and who you are with? Can you see yourself slipping on various masks at different times? If so, share a few examples.
  
- Being mindfully aware of the “Seamless Self” means there is not a moment in your day when your authentic self is not present and accounted for by means of your words, deeds and actions. Does living life at this level of awareness appeal to you? Do you think it is realistic *now* or something to aspire to later?
  
- Can you identify just one area of your life where you might be able to weave in a greater awareness of the presence of the Seamless Self? If so, name it and claim it now!

8. QUOTE: *When you know who you truly are and you courageously and consistently live anchored in that awareness, your authentic voice goes before you to announce your coming . . . and it needs no words.* (pg. 161)

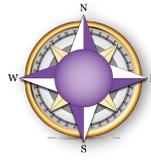
- Does my story about finally finding my “authentic voice” resonate with you?
  
- By finding one’s authentic voice we are not referring only to our vocal cords but how we express the real person we are. What would your authentic voice want to say or do in life when you give it permission to emerge?

9. QUOTE: *Your unique, authentic voice will never be found in the norm. The antithesis of being normal is being natural. The word natural comes from the Latin word naturalis, meaning “existing in or formed by nature.”*(pg. 166)

- Can you discern the difference between being normal and natural?
  
- FILL IN THE BLANK: When I’m *being* natural it automatically opens the portal to a redefining moment when my authentic self rises and says,

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## Discussion Points for Chapter Eleven

### *Your Body Does Not Define You*

10. QUOTE: *As we awaken from our forgetfulness, we'll begin to understand that there is a difference between what we have and what we are. We have a body, but we are not our body. (pg. 172)*

- Until now, was your self perception based on the belief that you were your body that had a soul and personality, or a soul with a personality occupying a unique body?

11. QUOTE: *Since antiquity, people have defined themselves (or have been defined by others) by means of what their body image was. Beautiful, handsome, sexy, ugly, homely, cute, tall, short, trim, petite, skinny, fat, bald, hairy, old, young, fit, strong, weak, white, black, brown, yellow, or \_\_\_\_\_ (fill in the blank) became words that helped shape our identity. (pg. 174)*

- Can you identify with the aforementioned quote and, if so, can you pinpoint a few of the labels that you have embraced as being “who” you are?
- Can you see how the labels above have either positively or negatively fed the egoic-self that has kept you separated from your authentic self?

12. QUOTE: *Your body is the intermediary of your emotions, thoughts, and feelings—it is always trying to tell you what’s going on in the mind and heart. It’s a wonderful biofeedback system that will guide you to your authentic self if you are willing to pay attention. (pg. 177)*

- Can you see the importance of emotional awareness when it comes to your ability to listen to the messages your body is sending you?
- Do you ever tend to avoid, suppress, or deny those messages through the use of substances such as food, alcohol, drugs, shopping, etc.? What other “techniques” of avoidance might you have tried?
- Do you believe it might be easier to honor your body as a messenger if you loved and accepted it just the way it is?

13. QUOTE: *Learning the lesson our body may be offering us is just that, a lesson—it need not define us. Too often we end up staring so long at the “condition” of the body...which only serves to energize and emphasize the issue we are busy judging. (pg. 180)*

- Is it possible that you have allowed the condition your body to define you as either less than or more than good enough—and in either case can you see the role of the egoic self at work?
- Have you arrived at a conclusion that “perfect” is not a condition, but a state of mind established by the awareness of the authentic self?

14. QUOTE: *Whether we are young or old, we should not be seduced into believing that the age of our body has even the slightest effect on the true Self that lives within our body. (pg. 184)*

- If you are like most of us you don't "feel" as old as the number of birthdays you have had. How old would you be if you didn't know how old you were? Do you think and act like it?

15. QUOTE: *To ask what sex your authentic self is, is rather like asking what sex the Universe is. (pg. 186)*

- How much of your life has been defined by the sex of the body you live in—and do you believe that your gender identity has anything to do with your authentic self—or, authentic power?
- Knowing that your authentic self does not define you by your body, why would you define yourself by your body?

16. QUOTE: *...the hidden toxic energy around shame is buried in a belief that we are not "enough" just the way we are and the tendency when we feel incomplete is to seek our "enough-ness" wherever we can find it. (pg. 189)*

- Knowing that your authentic self is an individuation of the Original Self, are you willing to seek and find your "enough-ness" by *first* looking deeply in the mirror and loving, *without condition*, who you see looking back? This is how you transcend shame!

## Optional Group Process

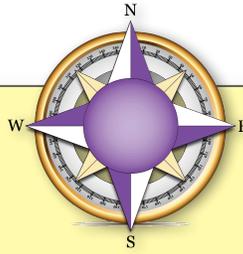
1. Break the group into dyads (pairs of two) sitting knee-to-knee and request everyone close their eyes and focus on their breath.
2. Take a moment to read aloud quote #6 in this week's discussion guide:

*“When consciously living in the presence of the authentic self, seven intrinsic qualities will naturally rise in the field of our awareness, and they can't be missed or ignored.”*  
*They are: Wholeness, Reverence, Fearlessness, Integrity, Humility, Equanimity, and Love.*

3. After a brief time of silence, with everyone's eyes closed, invite each person to determine which of the seven qualities of the authentic self they *most desire to actualize for themselves*.
4. Invite each person to open their eyes and look directly into the eyes of their dyad partner. Ask if can they see that same quality of the authentic self they would like to actualize in themselves in their partner's being?

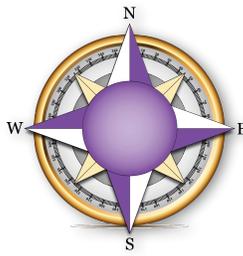
THE TAKE WAY: We *all* come from—and are one with—the same source, the Original Self. If we can't see the qualities of the authentic self we desire for ourselves in the essence of every other person (regardless of whether they can see it in themselves) it will be impossible to see it in ourselves.

CLOSE: Invite each person in their dyad to tell the other, “As I look *into you* I see a part of myself; what I see in you is the intrinsic quality of the authentic self I honor as \_\_\_\_\_ (name the quality). Thank you for being a mirror of the authentic self I am today.”



## ***Homework for Next Group Meeting***

1. Read the following chapters and be prepared to discuss:
  - **Chapter Twelve:** *Forgiveness Can Be a Redefining Moment*
  - **Chapter Thirteen:** *The One Thing We All Have In Common*
  - **Chapter Fourteen:** *Staying Teachable*
  - **Chapter Fifteen:** *Mindfulness Is the Practice; Purpose Points the Way*
2. Make a commitment to become the observer of the times this week when you might be presented with a teachable moment. Are you open to what it has to offer or are you busy defending a predisposed point of view that may be keeping you from experiencing a redefining moment?
3. As a mindfulness tool, place a rubber band on your wrist this week. When you catch yourself being mentally stuck in the past or casting yourself too far into the future, take a deep breath and gently snap the rubber band. Then affirm, "Here and now is all I have; this is where and when my redefining moment reveals the authentic self I am."
4. Continue to make use of your journal, keeping track of what you have witnessed about yourself; your thoughts, feelings and actions. Be honest with yourself. This is an important part of waking up and staying awake...and becoming who you were born to be!
5. As this next discussion group meeting will be the final one, try to come prepared to share what your single most "ah-ha" moment regarding "Your (Re)Defining Moments" experience has been. Can you highlight and share the most impactful redefining moment you have had?



## DISCUSSION GUIDE: Week Four

Invite the members of the group to share any particular “teachable moments” that may have popped up during the week, including the “rubber band on the wrist” assignment. Did any of them provide an opportunity to pause and take the vertical plunge to the center of their being and, if so, what did their authentic self report?

### Discussion Points for Chapter Twelve

#### *Forgiveness Can Be a ReDefining Moment*

1. QUOTE: *Forgiveness is the practice that opens the window and exposes our wounds to the Light, and it is a practice that, as long as we live in a human skin, we’ll have a need to employ throughout our lives.*  
(pg. 196)

- Do you agree or disagree with the idea that forgiveness is something that we will always have a need to practice, regardless of how “spiritual” we may be?
  
- Are you usually emotionally aware enough to know when you are dragging behind you the invisible wound(s) of resentment, anger, or hate?

2. QUOTE: *...if we are conscious and present when that wound is inflicted, it can open the portal to a redefining moment. We can allow the pain of that wound to lead us to the sacred depths within...where the sacred place where the authentic self resides. (pg. 195)*

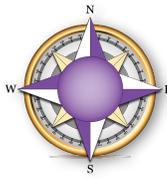
- When Kahlil Gibran says, “Your pain is the breaking of the shell that encloses your understanding” are you able to embrace the wisdom of his words knowing that a redefining moment may be unfolding in the midst of the pain?

3. QUOTE: *...through the law of cause and effect, the Universe conspires to support us in justifying how we feel by creating an ongoing series of circumstances that render unto us more of the same. (pg. 199)*

- Can you relate with St. Paul’s sentiment (idioms) that by “dying daily” we can be “transformed by the renewing of our minds” and that forgiveness ends the cycle of creating the same thing again?

4. QUOTE: *Forgiveness is definitely an attribute of an authentic being— one who is strong in spirit and yet emotionally flexible enough to bend with the breeze that clears the mind, opens the heart, and gently invites Light to enter their wound. (pg. 205)*

- Can you see that the instant you choose authentic forgiveness an invisible window opens in space and time to a redefining moment wherein your authentic self rises and breathes a sigh of release, peace and joy?



## Discussion Points for Chapter Thirteen

### *The One Thing We All Have in Common*

5. QUOTE: *Using the ocean as metaphor, there is only one of us here—we all share the same intrinsic qualities because we originate from the same source. But as the drop of water, we take on our own unique, albeit temporary, form of expression...(pg. 212)*

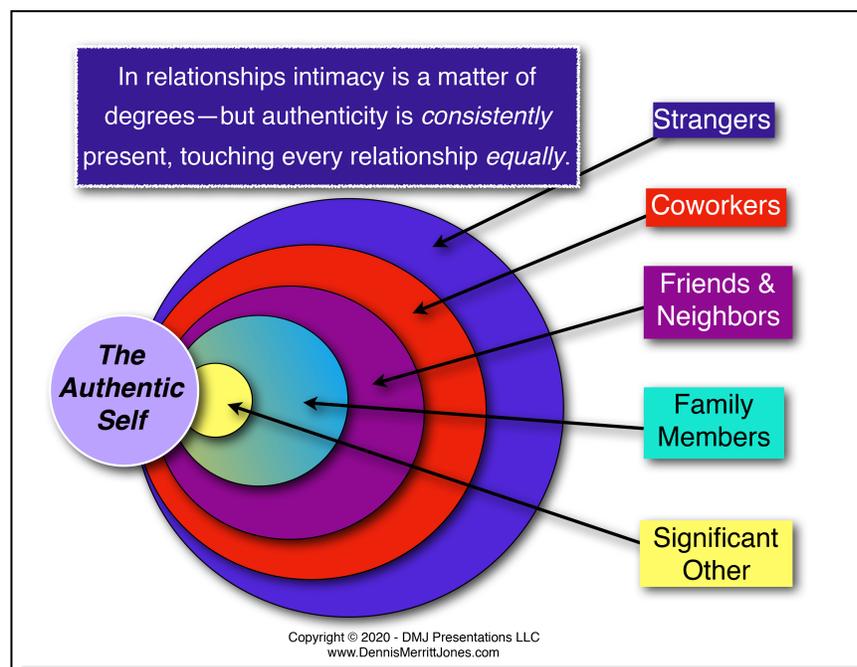
- Does the metaphor of the ocean and the drop of water help you delineate the difference between your oneness with the Original Self (*what* you are) and the uniqueness of your individuated self (*who* you are)?
  
- Can you see the same metaphor is true when you look at another person—that the one thing you both have in common is that you come from the same source; the Original Self. Can you see you are, essentially, two separate “drops of water” from the same ocean of oneness?

6. QUOTE: *Life is a trip we were not meant to travel alone. From our birth mother, followed by other family members, and literally every other person we have met along the journey, this thing called life has been interwoven like a string of fine pearls on one single invisible silver thread called relationships. (pg. 213)*

- ✓ Looking back through the years can you discern the relationships you have had that may helped create a redefining moment in your life? A parent, sibling, school teacher, a friend, work colleague, etc? If so, share one memory.

7. QUOTE: *All our relationships have much in common. Many of the same principles that apply to the relationship we have with those closest to us also apply to those farther from the hub of our lives—the only differentiating factor is the degree of intimacy we shall allow between them.* (pg. 215)

- ✓ As per the chart below, can you discern the difference between intimacy and authenticity—and that, while intimacy may vary from relationship to relationship, the authentic self can be *equally* present and accounted for in every relationship we have. **NOTE:** A full size chart is included prior to the *Optional Group Process* which may be printed and shared for discussion now or then, if desired.



8. QUOTE: *Authenticity is the passageway leading directly to the soul, and our “relation-ships” can be the sacred vessels we board to explore this passageway. (pg. 217)*

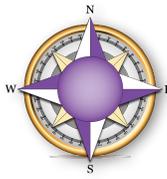
- Can you relate with the metaphor that each of your relationships serve as a vessel in which you and those in the relationship are moving together toward a common destination?

9. QUOTE: *Conscious and authentic relationships draw upon their oneness, not only to sustain themselves but to evolve. When we live in the deep awareness of our oneness with life, the authentic self within begins to unfold and recognize itself in others. (pg. 218)*

- Does the word “Namaste” resonate with you? If so, can you truly “see yourself” in others *equally*—to a degree that leads to an awareness of authentic oneness—or does your “Namaste” occur only on special occasions with certain people?

10. QUOTE: *...we are all emanations of the Original Self...and yet, if you were to look closely at the seven billion “mirrors” currently occupying the planet, not one of us reflect exactly the same image. (pg. 220)*

- The aforementioned quote summarizes this chapter perfectly. Can you see the divine dichotomy; knowing you are here to be an expression of Oneness but in an authentic, unique, *one-of-a-kind* way? The quintessential question is, are you honoring your mission here?



## Discussion Points for Chapter Fourteen

### *Staying Teachable; The Touchstone to Redefining Moments*

11. QUOTE: *From the moment you recognize who you truly are, every day will offer you yet another opportunity to reinvent yourself, to redefine yourself...despite how evolved you consider yourself to be, as long as you occupy a human body, there will be more to know about “you.” (pg. 229)*

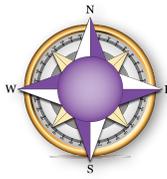
- Does knowing there will never be a “point of arrival” where you have fully fathomed the depths of your true Self encourage you to stay teachable?

12. QUOTE: *Wisdom is a collection of our past “learning” experiences lodged in our memory bank, remembered and drawn upon when needed, and then applied to the issue in the present moment in a manner that affects a desired outcome in the future. (pg. 231)*

- How many times have you had to relearn the same lesson again, and again, before you deposited it in the “well-learned” file of your “wisdom well” to be drawn upon at a later time?

13. QUOTE: *If there were ever a precedent set for a redefining moment, this would be it—if we would open to “what is” and invite the teacher within to help us see it as such. These are the moments when the pain can crack us open so we may see more deeply into the truth of who we authentically are at the center of our being. (pg. 239)*

- Joseph Campbell said “The Universe always strikes you at your weakest point because that’s what most needs strengthening.” Is it easy or difficult to see where this wisdom may apply to your life?
- Are you able to discern *your own* weakest points without being overly critical or judgmental of yourself? In other words, can you see yourself through the compassionate eyes of your authentic self and not take it personally?
- Can you remember specific times in your past when some of your greatest life-lessons came to you in the form of your most egregious and painful experiences? If so, knowing what you know now, would you have seen them as potential redefining moments?
- Is it becoming more clear that by remaining teachable, conscious, and aware, any moment can be a redefining moment offering you an opportunity to see, touch, and embrace your authentic self?



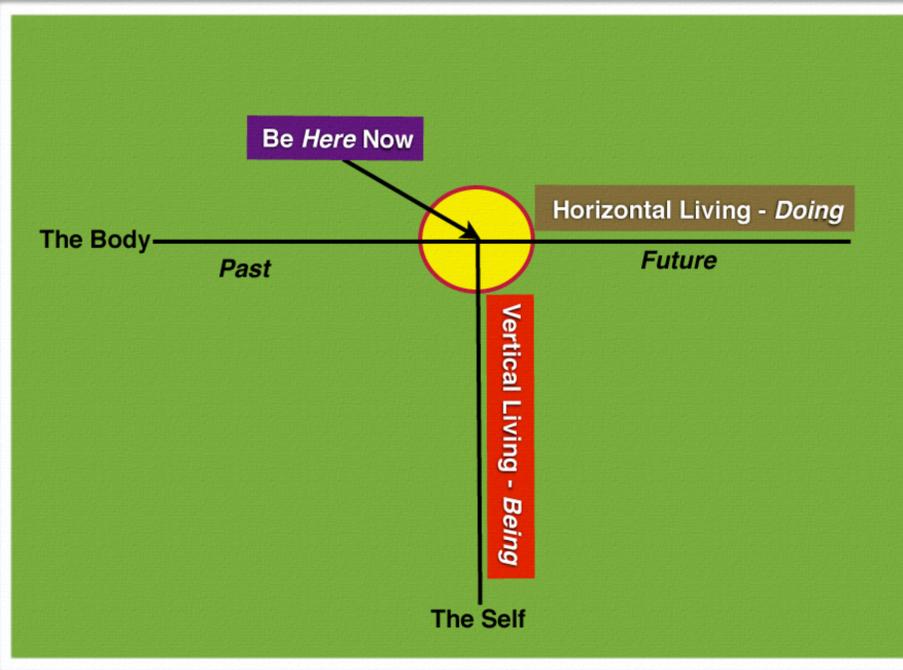
## Discussion Points for Chapter Fifteen

### *Mindfulness is the Practice; Purpose Points the Way*

14. QUOTE: *The story of the masters ascending to the mountaintop is also our story...if we are to live an authentic life in a manner that impacts the world in life-affirming ways, we know we must each make the sacred sojourn. (pg. 246)*

- ☑ Revisiting the chart below, can you discern how, by *inverting* the pathway of the ancient one's retreat *up* the mountaintop, that you, by descending within you can make the same sacred sojourn to oneness with the Original Self?

Living vertically in a horizontal world is only achieved through the practice of Mindfulness.



From: *Your (Re)Defining Moments - Becoming Who You Were Born to Be*

- ☑ Can you see the import role that mindfulness plays in bringing your authentic *being*—from the center of the Self—into your daily human *doing*?

15. QUOTE: *Realizing the precious gift of Life and how it has been uniquely encoded in you is what activates your authentic self..the timeless message the masters bring to us is that living authentically from the center of your being matters because the world needs that which only you can bring to life. (pg. 247)*

- ☑ Can you embrace the idea that the precious gift of Life has been *uniquely* encoded in you as it has in no other human being—and that your authentic self knows what that gift is and how to bring it forward?
- ☑ Are you deepening your awareness that your redefining moments are those “divinely planned” portals which help you actualize your purpose—and that when they open your authentic self is ready, willing and able to lead the way?
- ☑ Are you ready to live (vertically) closer to the center of your being *while at the same time* mindfully existing on the horizontal plane—the surface of life—where your purpose for being on the planet is uniquely expressed?

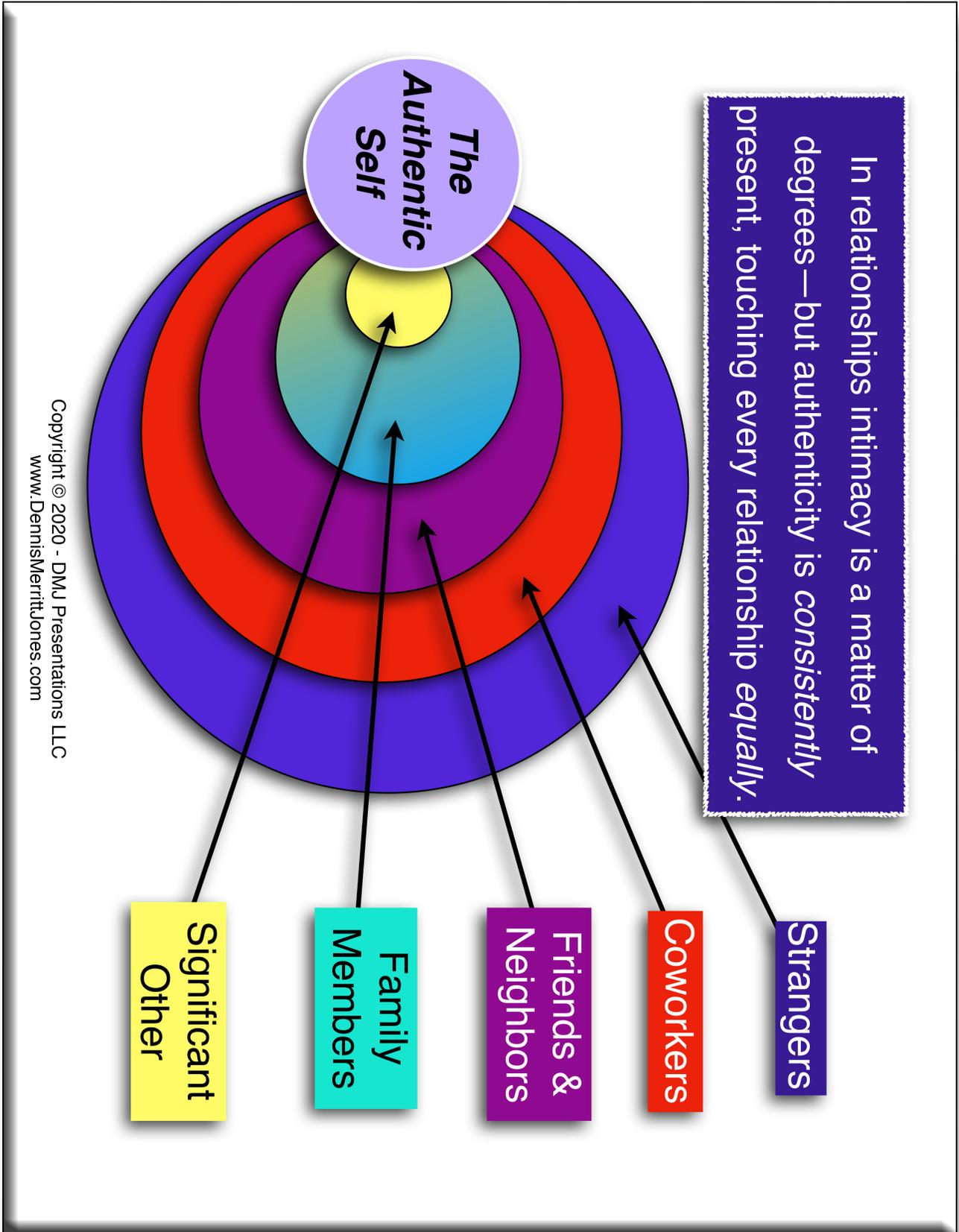
16: QUOTE: *You are here on this planet at this time because you are supposed to be here; this is your time. You are here by divine appointment. (pg. 251)*

- ☑ How does the aforementioned quote cause you to feel? Energized or fearful? Do you believe you are supposed to be here—that you have a right to give voice to the authentic being you were born to be?
- ☑ Take time now (for someone) to read aloud the excerpt from Max Ehrmann’s *Desiderata* found on pg. 251. As it is read listen to your heart; can you feel the stirring of your authentic self letting you know it is there and ready to do its part to lay claim to what is divinely yours? Discuss.

17. QUOTE: *Have you arrived at a point where you feel at home in your life? Are you comfortable in your own skin? Have you made peace with yourself and the world around you? Do you sense that you are part of something far greater than what you can see in the mirror? (pg. 252)*

- ☑ Since beginning this discussion group have you taken time to contemplate the immensity of the gift that was bestowed on you the moment you were born?
- ☑ If you can answer “yes” to the quote above, you may be reassured that you are well on the path to the place you never left—the Original Self, becoming who YOU were born to be!

Copy and share for discussion



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## Optional Group Process

It is wise to bring a sense of closure to the Discussion Group and encourage everyone's voice to be heard. Briefly touching on the theme of redefining moments that lead to a deeper awareness of the authentic self is an appropriate way to come to a point of completion; it helps set up the "take-away" for each participant. This closing conversation can also initiate a "call to action" for each individual. Hearing how others respond to the following questions can be very inspiring. Inviting individuals to share how they intend to apply the awareness that every moment offers an opportunity to "remember to remember" who they "came here to be" will help open the door for self-inquiry for everyone. While there are more dialogue questions here than you may have time to discuss, choose the ones most appropriate for the group.

*THE SET UP: This is the time for sharing "take-aways." If possible, form a circle that allows each participant to see everyone else's face. After a few moments of silent contemplation in which each person mentally collects their "takeaway" points, ask the group the following questions (allowing for a free flow of dialogue as it arises):*

1. In the past four weeks have you become aware of how far you have *already* come on your journey back to your authentic self? Were you at all surprised by how much "baggage" you would have to drop along the way?
2. Have you become comfortable with knowing that you are a divine spark, a burning ember, an individualization of the Original Self? Are you able to see that spark within other people as well?
3. Are you beginning to pay more attention to the internal nudge from an expanding Universe that is seeking unique expression through you, as in no other human being?

4. Are you now more sensitive to those moments when you intuitively remember to remember the authentic self lies in quiet repose awaiting your invitation to ascend and integrate your being *and* doing?

5. Do you now more readily recognize a redefining moment when it approaches you? When it does, do you pay attention to the “road sign” or tend to drive right on past it?

6. Have you been more aware of when you are in the presence of silence than you were four weeks ago? Has stillness found its place in your mind, heart and body? If not, why do you think that is?

7. Have you taken time to conduct any self-inquiry when issues may have arisen in the course of your normal day? Have you asked and listened for answers?

8. Have you found yourself holding back on authentically expressing your thoughts, beliefs and opinions for fear of “rocking the boat” with others? If so, why do you think that is?

9. Have you departed on your Hero’s Journey, understanding that upon your return you will be a different person—more aware of your authentic self?

10. Which of the seven intrinsic qualities of the authentic self are you most ready to share with your world? Wholeness, Reverence, Fearlessness, Integrity, Humility, Equanimity, or Love.

11. Have you been able to consciously “bridge the gap”, seamlessly revealing the presence of the authentic self at the center and circumference of your life, irrespective of where you are or what you are doing?

12. When you first became familiar with the idea that your body does not define you, were you at all surprised at how many levels it actually was doing just that?

13. Was it easy or difficult to arrive at the conclusion that authentic forgiveness was a necessary practice which would, in itself, open the portal for a redefining moment?

14. Have you been able to remain diligent in your awareness of the one thing you have in common with every human being—and how intimacy and authenticity are the connective tissue that bind us all together?

15. By remaining teachable are you more able to discern when life is presenting you a lesson? Can you see that it can also be an opening for a redefining moment wherein your authentic self is revealed in the lesson?

16. Has the practice of mindfulness become more a part of your life and are you able to embrace your purpose for being alive in those sacred “now” moments?

It has been an honor to share this four-week journey with you! If you have questions or comments about this discussion guide, any of my other books, or my availability for seminars, mentoring, or keynote presentations, please feel free to contact me through my website: [www.DennisMerrittJones.com](http://www.DennisMerrittJones.com)

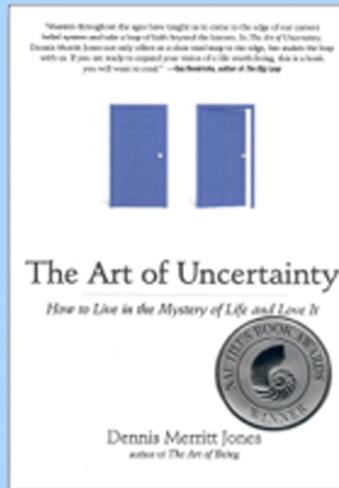
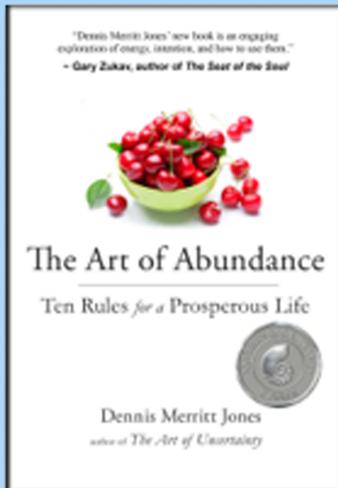
Peace,

*Dennis Merritt Jones*

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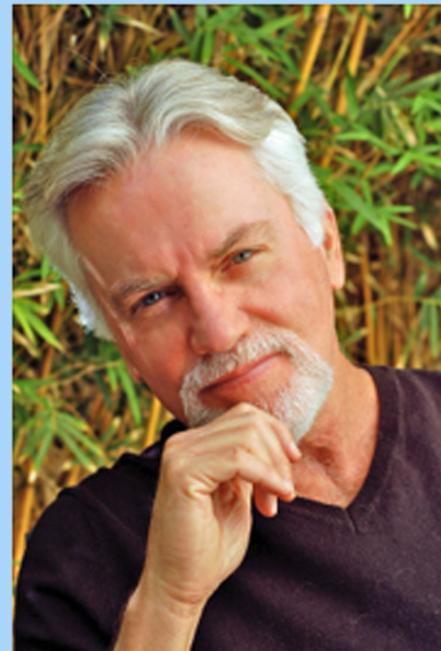
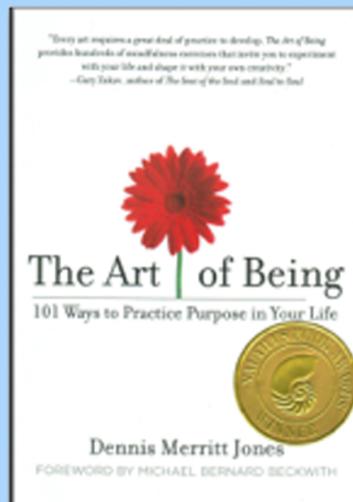
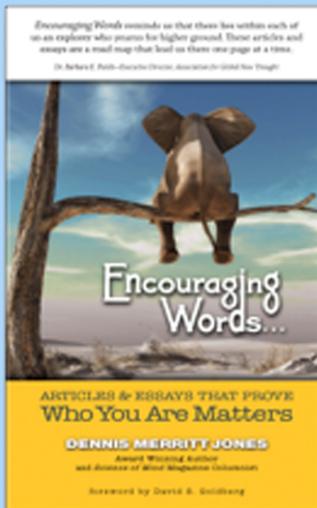


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