

Living in the Light Book Group Questions
Elizabeth Galen, Ph.D., Green Heart Guidance, LLC

Feel free to adapt the questions as needed for your group.
Questions taken from the 25th Anniversary Edition of the book.

Part One: The Principles

1. How does one go about surrendering control of one's life yet not become a powerless victim?
2. Is it possible to live in the light without traveling to the darker places in us?

Chapter 1: A New Way of Life

3. How does one find balance between external, material possessions and leading a spiritual life?
4. Is the creative power of the universe within each of us?
5. Do most of us fail to attain the fulfillment that we seek?

Chapter 2: The Higher Power within Us

6. How many people have "confusing" connotations with the word "God?"

Chapter 3: Intuition

7. Do you think it is possible to contact the higher power of the universe? If so, how do you go about doing it?
8. Do you believe our culture overemphasizes rational thinking? Why or why not?
9. Does our culture tend toward the Vulcan when it comes to emotions? Do we try to ignore them and repress them? Why or why not? Are the standards different for men and women?
10. Why do so many religions want to repress our intuition? Why is the human instinct seen as sinful?
11. Would our society have less problems if more of us followed our intuition?
12. Do you find your intuition provides you with information outside your data set?
13. Do you agree with the paradox that the more we listen to higher powers and intuition, the more freedom we actually gain?
14. Does following intuition make life into a fuller experience?

Chapter 4: Becoming a Creative Channel

15. Do you feel like higher powers work through you when you listen to your intuition?
16. Do you believe we all have the power to be channels for higher powers? Have you seen this happen in your life?
17. Are our "muses" that direct our artists, writers, and other creative people actually higher powers providing inspiration? When people lose their muses, does that mean their connection to higher powers is blocked?
18. Do you believe that creative people tend to be unstable because they can't channel in more than one area of their lives?
19. Why do some of us act as channels for certain areas of life and not for others?
20. Do you find that taking the biggest risks often have the biggest rewards? When they don't, why do you think disaster happens?
21. Can you think of a time when you felt truly enlightened and as though it felt like divine energy was flowing through you to accomplish a goal? How do we manifest that experience more often in our lives? Is following our intuition the answer?
22. Do parts of your life have to fall apart in order for you to grow and make forward movement? Have you ever experienced this?

23. Why do we lose our connection with ourselves at times? How do we prevent this from happening? On a daily basis? In a general sense?
24. Why does our culture create the myth that we can be fulfilled in others? Do we believe our lovers can “complete” us or becoming our “better half”?
25. Is it always true that we are more powerful working as a group than as individuals? Why or why not? Do both ways of working have their benefits and drawbacks?
26. By raising our own spiritual energy, do we raise the energy of all of those around us?

Chapter 5: Exploring Our Many Selves

27. Are we built of dualities? Do we need to learn to embrace both ends of a spectrum within us?
28. Why do we disown parts of ourselves?
29. Why are we afraid of our shadow sides?
30. Why do so many spiritual teachers try to avoid shadow work?
31. Why do we hide what we feel are our failures?
32. How does embracing our vulnerabilities improve our lives?
33. Do you feel life always puts situations in front of you that force you to confront the things that you are having the largest challenges with?
34. Does our society force us to disown our intuitive side in favor of our rational side?
35. What happens when we deny our shadow sides?

Chapter 6: Our World as Our Mirror

36. Does the world function as a mirror in your life?
37. Is nothing truly negative as Gawain asserts?
38. Are problems messages for us to learn from?
39. When are issues we face not mirrors? How do we explain those situations? Do they still serve as lessons?
40. Do you feel that when you are on the right track you feel more alive? Is our energy level a good way to measure our success in life?
41. Is it possible to be on a true spiritual path that only focuses on what feels good?
42. Do you agree that the conflicts you experience with others are always conflicts you feel within yourself?
43. Do you agree that “change happens not by trying to make yourself change but by becoming conscious of what’s not working”? Where have you seen examples of this in your life?
44. How important is it to reflect your own feelings rather than place blame in a conflict with others? Does this help resolve issues?
45. Do you find that when someone does something that triggers you it is actually a result of an internal conflict you have with yourself? What does one do with the awareness the conflict can bring to one’s inner state?
46. Do we project our inner conflict onto the outer world?
47. Do you feel you have positive mirrors in your life?

Chapter 7: Spirit and Form

48. How much do we use our physical form to identify ourselves?
49. Are we all incarnate to learn how to integrate the spiritual, mental, emotional, and physical levels of our being?
50. Do you believe all physical matter is made of energy?
51. What is “life force” energy?
52. Are our spirit and our form at odds?

53. Why do you think we don't remember where we came from before incarnation?
54. If you believe in them, why don't we remember our past lives?
55. Do we all struggle to find fulfillment outside of ourselves before we look within?
56. Why do many people retreat from the world when they find a divine connection?
57. Is it possible to integrate spirit and form successfully? How does one balance the two extremes of this spectrum? How do we love and accept both forms of ourselves?
58. "How is it that we can feel so peaceful and unattached when we are meditating, yet often our relationships seem like a worse mess than ever?"
59. Is learning to trust one's intuition a difficult process? Why?
60. When are you most able to listen to your intuition? When are you least likely to?

Chapter 8: The Male and Female Within

61. Do you believe we all have male and female energies within us? Why do we have resistance against believing this concept?
62. Do you believe our feminine side is more intuitive? Are women more intuitive than men in general? Is this an inborn quality or is it one that society teaches?
63. Is our masculine side more prone to action? Are men more likely to take action than women?
64. Should we let our intuition (our feminine side) guide our action (our masculine side)?

Chapter 9: Men and Women

65. Why did a system develop where women are responsible for nurturing, intuitive wisdom, and emotional support and men are responsible for physical care?
66. Why does this codependency become problematic when we are dependent on someone else so totally?
67. Are we subconsciously resentful of our partners because we are dependent on them?
68. Do you believe most relationships still function this way? Do you believe it is possible for relationships to exist in a new way without this dependency? Have you seen examples?
69. How do we learn to embrace both our masculine and feminine sides so that we don't have to be dependent on someone else?
70. Is it possible to treat ourselves the way we want to be treated by our partners? Does this fulfill a need to have a partner do the same for us?
71. Does creating this inner love guarantee that you will attract someone outside of you who will love you in the same way since the inner world mirrors the outer world?
72. How does one keep the male and female energies within in balance in their daily lives?
73. How does society feel about people who embrace both sides of their energies?
74. Does embracing both sides of our masculine and feminine energy make us more androgynous or does it allow us to be stronger men and women?
75. "Healthy relationships are based on the passion and excitement of sharing the journey into becoming a whole person." True or false? Attainable or fantasy?
76. Do you believe our society will reach a person where we will no longer categorize romantic relationships based on the sex of the members?

Part Two: Living the Principles

Chapter 10: Trusting Intuition

77. Were you taught not to trust your feelings as a child?
78. Were you taught to repress your emotions?
79. Were you taught that you were an amazing person or a sinful one?

80. Do we give away our personal power by denying our intuition and trying to seek approval from others?
81. Are people who are overly controlling acting in that way because they are out of touch with their intuition?
82. Is it possible to balance intuition and the rational mind?
83. Is it difficult to live a life based in intuition?
84. Is our intuition always correct? Can we misinterpret it? When is our intuition wrong?
85. How do we differentiate our intuition from other less helpful internal voices?
86. What happens in our lives when we ignore our intuition?
87. How often do you check in with your intuition? When and how do you do this?
88. Is physical pain a sign that we have ignored our feelings? Is it a sign we need to tune in and ask what we need to be aware of?
89. What is the experience of intuition like for you?
90. Can seemingly negative change lead to positive outcomes?
91. Have you gone through an experience of following your intuition and having your life change radically?
92. Are premonitions a form of intuition?
93. Do you consider yourself a highly intuitive person? Why or why not?
94. Are all people intuitive?
95. Are certain professions more likely to contain highly intuitive people?
96. Is it difficult for highly intuitive people to establish boundaries? Does this contribute to chronic illness or weight issues?
97. Is it possible to be too spiritual?
98. Does opening to one's intuition automatically help lead to healing of stored traumas?
99. What would happen if you acted on your intuition 100% of the time?

Chapter 11: Feelings

100. Are a large number of people out of touch with their true feelings?
101. Why do we shut down our true feelings and in turn our intuition?
102. Are men different than women in regards to repressing emotions? Why?
103. How does the American way of raising children lead to the repression of emotions?
104. Why do we fear our so-called negative emotions?
105. Do negative emotions, especially stored traumas, dissolve easily once we confront them? Is it realistic to believe they will dissipate within minutes?
106. Overall, are women more emotional than men?
107. Gawain says that "We tend to think of certain feelings as 'painful' and therefore wish to avoid them. The experience of pain, however, is actually resistance to a sensation. The experience of pain, however, is actually a resistance to a sensation. Pain is a mechanism in our physical body that helps us avoid physical harm or notifies us that a part of us has been injured and needs care.... On the emotional level, it is our resistance to a feeling that causes us pain." Do you believe this is true?
108. Do you believe that there are no such things as positive or negative feelings? That we make them positive or negative by our acceptance or rejection of them?
109. Can we feel more joy by feeling sorrow?
110. How does one grieve fully but not become stuck in a place of depression or grief?
111. Does anger arise from allowing others to have undue power over us? How do we work through anger in a healthy way that doesn't cause repression?

Chapter 12: Balancing Being and Doing

112. Do you think that our inner guidance will always push us to grow?
113. Do you feel that if we ignore our intuition to develop in new ways that the Universe will find different ways to force us to grow and confront what we don't want to?
114. Would you define type As as "doers" and type Bs as "beers"?
115. Do Type As have trouble receiving as a general rule?
116. Do Type Bs generally have difficulty expressing feelings and emotions?
117. Do you feel that your intuition leads you towards being the opposite type than you are?
118. Do you believe the Universe does this intentionally to help us become more balanced?

Chapter 13: Authoritarian and Rebel

119. Do the authoritarian and the rebel sides of each of us make it difficult for us to listen to our intuition?
120. How do we become conscious of these sides within us?
121. Why do we crave rules and structure?
122. Why do some of us have a strong need to rebel?
123. How do we balance our authoritarian and rebel sides?
124. Do we attract opposites into our lives in order to help us develop and grow?

Chapter 14: Relationships

125. Do you agree that "Relationships in the old world have often had a primarily external focus-- we try to make ourselves whole and happy by getting something from outside ourselves"?
126. Are relationships and families really falling apart at a more rapid rate now than in the past?
127. Are conservative movements an attempt to create security by clinging to old ways rather than accepting the current reality?
128. Does clinging to the past ever serve a healthy or useful purpose?
129. Do people now seek deeper intimacy in relationships than in the past, and this desire for deeper intimacy results in more dissatisfaction with relationships than in the past?
130. Do our external relationships often mirror our internal relationships to ourselves?
131. Is loving oneself truly and deeply enough to attract a healthy external relationship?
132. If we are open with ourselves and our emotions, will we automatically attract a relationship to another who is equally open and honest with themselves?
133. Do we seek out relationships in order to find someone else to take care of us based on dysfunctional childhood patterns? Is this an unhealthy approach to romantic relationships?
134. Are we the only ones who can take good care of ourselves? What does it mean to take good care of ourselves?
135. How does one balance taking care of oneself with not becoming a narcissist?
136. How does one go about building a romantic relationship that is built on each member taking care of themselves yet still being a couple which works together?
137. Does speaking honestly with others prevent actually hidden needs and resentment? Is this a way to get what you want more often than not?
138. Do people find it easier to give when we ask honestly, or does it make people less likely to help?
139. Does following our intuition lead to the best relationships with others?
140. What is romantic attraction if it isn't intuition?
141. Do our socially constructed stringent rules about relationships constrict our ability to develop and discern the true nature of our relationships with those close to us?
142. Does labeling and regulating relationships destroy them?

143. Do we spend too much time and energy attempting to resurrect relationships that are better left dead? Why?
144. Why do we have so many assumptions in our romantic relationships? How do they impact the relationships?
145. Why does our society have such a difficult time defining what sex is? How does this create complications with relationships?
146. How do we create romantic relationships that allow room for inevitable changes and to allow those involved to grow? Is this possible?
147. Will changing the structure of our relationships make it possible to save more relationships?
148. Should divorce be seen as a successful end of a relationship in some cases?
149. If both members of a couple tell their truth, will that result in everyone getting what they want eventually even if they seem to be in opposition?
150. Are we monogamous or polyamorous by nature? Can parts of us be both?
151. Do humans require monogamy in order to truly open up and achieve intimacy?
152. Do we objectify the people we fall in love with? Are romantic relationships a form of addiction?
153. Do we actually get addicted to people's form, not their energy?
154. Does clinging to a person prevent us from receiving the love we so desperately we want?
155. Does love allow us to experience the Universe?

Chapter 15: Our Children

156. Are our old ideals of parenting based on trying to get our children to conform to good behavior so we appear to be good parents?
157. Are newborns' spirits just as developed as adults'?
158. Do you believe we pick our parents before coming to bodily incarnation?
159. Do we end up with the parents who can best teach us the lessons our souls need to learn?
160. Why do we fail to recognize our children for whom they are?
161. Are children more open to intuition and extraterrestrial energy?
162. Do our children benefit as we evolve and grow?
163. Are all relationships telepathic?
164. Are we selfish in not being attuned to our children's needs because we are too blinded by our own issues?
165. If you treat children with respect, will they respond accordingly?
166. Are our children our clearest mirrors?
167. Do children pick up on and react to our unstated emotions?
168. Why are most people not honest with their children about their feelings?
169. Do people use parenting as an excuse to not do their own learning and growing?
170. Do we make our children feel like they are responsible for their parents because of how much difficulty they create for us when they are young?
171. Why don't parents want their children to have opinions or let them help direct the family's shape and activity?
172. How does one respect children and yet still remain a parent who is in control of the family?
173. Do parents use children so they don't have to face themselves?

Chapter 16: Work and Play

174. Why do we have so many workaholics in our society?
175. Why do we have so many slackers in our society?
176. Does the distinction between work and play dissolve when you follow your intuition?

177. Do each of us have a true purpose that is a channel for the universe? Do you think you have found your true purpose?

178. Are you doing with what you want with your life? Are you living out your fantasies for your life? If not, why not? Can you find a way to manifest them?

Chapter 17: Money

179. Do you believe that money follows when we do the things in life we are meant to do? Will “the universe pay you to be yourself and do what you really love!”?

180. Do you believe that “a shortage of money often mirrors the fact that our energy is blocked in other ways”?

181. Is money a form of energy exchange?

182. Why do we look for satisfaction from material things?

183. Is it possible to have money and not be ruled by it?

184. Is it possible to be comfortable with one’s financial status without having either guilt or resentment about what you do or don’t have?

185. Why has our society put so much value on being financially successful?

186. Why do people who are spiritually oriented think they need to deny themselves of money?

187. Do you think the idea “The more we learn to operate in the world based on trust in our intuition, the stronger our channel will be and the more money we are likely to have” is possible?

188. Does worrying less about money and focusing on what Spirit wants us to do actually attract money?

189. Is it best to quit a job that you hate? Even if you don’t have a new job lined up?

190. Should we create budgets for what we need as well as what we want?

191. Do you feel your financial situation reflects the balance in the rest of your life?

192. Can we gain from decisions that lead us to lose money?

Chapter 18: Health

193. Do you believe the state of the body reflects what is or isn’t working in the rest of our lives?

194. Is it true that “none of us have had even a close-to-perfect upbringing”?

195. Why do we deny what our instinct tells us to do in order to follow the rules and beliefs of those around us?

196. Is opening to the energy of the Universe a way to improve one’s “health, beauty, and vitality”? Is it an instant process?

197. Have you found it to be true that “Dis-ease is a message from our bodies, telling us that, in some way, we are not following our true energy or supporting our feelings”?

198. Do serious illnesses happen in order to force us to grow and change? Do people choose to die and reincarnate rather than face the work of growing and changing in their current bodies and situations?

199. Is healing a straightforward path?

200. Does healing have to occur on all levels or is it possible to heal illness at just a physical level?

201. Is addiction a result of not trusting our natural energy?

202. Do most people in our society use various drugs (including caffeine) to “stop the flow of the universe from coming through”?

Chapter 19: Your Perfect Body

203. Why has Christianity and other religions created the image of the body as sinful and weak?

204. Do we ignore our bodies and intuition because of religious mandate that over time became cultural? If not, what is the source of ignoring our intuition?

205. Do our bodies react to our ignoring them by acting out more?

206. Why does our society want us to spend money on products we don't need? Why does marketing prey on the idea that our bodies are flawed?
207. Does your body tell you what you need to eat? (This does not mean sugar cravings!)
208. How does one go about healing one's relationship with one's body?
209. Do support groups and treatment programs for weight issues work? Or do they build on more cultural myths and misinformation?
210. Are the people with the weakest boundaries overweight? Do overweight women use weight to keep intimacy away? Do overweight people keep their extra weight to stay grounded? Or are these all myths that are no different than the ones our culture creates about weight?
211. Is it possible to be spiritually open with great flowing energy and still be obese? Do Gawain's theories undermine the reality of physical conditions tied to weight gain and obesity including genetics?
212. Are we perfect just as we are in this moment now?

Chapter 20: Transforming Our World

213. Does transformation begin on an individual level and move out into the world? How have you seen examples of this in your life? How does intuition play into global transformation?
214. Are we able to make a change in consciousness without explicit communication and teaching?
215. How do scientific studies on the effectiveness of prayer fit into this idea of change in consciousness?
216. How does "paying it forward" fit into this concept of transformation?
217. Does opening up to the power of the universe help release fears within us?
218. Do the people around you become more positive as you let in more higher energy and power? How does this transformation happen?
219. Is visualization alone enough to create change? Or do we have to include action? How does this draw on our masculine and feminine energies?
220. Are the problems that we see in the world at large mirrors of the problems within ourselves?
221. How many of us need help in the form of therapy or counseling to deal with deep levels of emotional healing?
222. Is poverty a result of our mass consciousness belief in scarcity?
223. Are the people who disrespect Mother Earth the same people who disrespect femininity and feminine energy?
224. Does the way we treat the earth mirror how we treat our own bodies?
225. Do we have to heal ourselves and our feelings, beliefs, and emotional patterns before we can heal the earth?
226. Are we in an age of healing and change? Is this different than any other age? How or why?
227. Do people mistake their own "good ideas" for intuition from higher powers? Are these ideas motivated by pain, fear, and guilt?
228. Is analyzing whether you are motivated by fear or guilt a good way to decide if you are using your intuition? Can one be acting on intuition and still have fear and guilt?

Chapter 21: My Vision

229. How much change can happen on a planetary level in one lifetime?