

Returning to Presence

Book Club Weekly Agenda & Reading Guide

This four-week series will focus on shared learning, reflection, and practical application. Please read the assigned chapters before each session and come prepared to engage with the discussion question.

Week 1: Seeking Clarity

Read: Chapters 1 to 3

- Meeting Wisdom
 - What do you use to when you are looking clarity or need wisdom?
- Saying Yes
 - Accepting where things are so that you can move forward
- Releasing and Receiving

Theme: How we access clarity when making decisions.

Prepare to Reflect On:

- What stood out to you in the story portions?
- Where did you relate to the struggle around saying yes?
- What practices help you seek wisdom or clarity when you feel pressure to decide?

Take 1 or 2 min to reflect

give 5 minutes to share what you experienced

Week 2: Agency and Boundaries

Read: Chapters 4 and 5

- Personal Agency
- Pausing Before Saying Yes

Theme: Moving from reaction to intentional choice.

Prepare to Reflect On:

- Where do you notice automatic yes in your own life?
 - What signals tell you that you need to pause?
 - What practical strategies help you make decisions that reflect your values?
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Week 3: Stress and Protective Patterns

Read: Chapters 6 and 7

- Heart Brain Coherence
- Protective Parts

Theme: Recognizing stress responses and self-protection.

Prepare to Reflect On:

- What is your default stress response?
 - What grounding practices actually work for you?
 - What protective pattern do you notice in yourself, and how might it be trying to help?
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Week 4: Identity, Belonging, and Growth

Read: Chapters 8 to 11

- Meeting Your Angel
- New Reality
- Living from Belonging
- Ascension

Theme: Living from clarity, belonging, and alignment.

Prepare to Reflect On:

- When do you feel most like yourself?
 - What does belonging mean to you?
 - What practices help you live from intention rather than pressure?
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Each session will include open discussion, shared insights, and optional brief reflection exercises. The goal is thoughtful conversation and learning from one another's experiences.