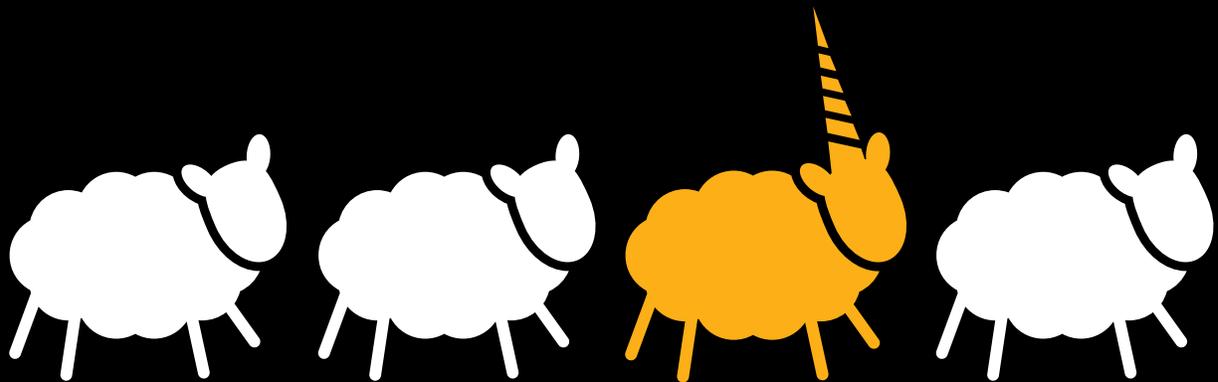


SPIRITUAL REBEL

A POSITIVELY ADDICTIVE GUIDE TO FINDING
DEEPER PERSPECTIVE & HIGHER PURPOSE



The Book Club Guide

HELLO, REBELS!

We are so glad you found us.

And we're excited that you're considering roping in your friends for a spiritually rebellious journey. The Spiritual Rebel team believes that if we constrain our spirituality to being just about ourselves, we rob us all of the richness we can experience when united for a higher purpose.

And so, we're big on sangha.

So is one of our favorite wise sages, Vietnamese Buddhist monk and peace activist Thich Nhat Hanh, who noted, "Your sangha—family, friends, and copractitioners— is the soil, and you are the seed. No matter how vigorous the seed is, if the soil does not provide nourishment, your seed will die. A good sangha is crucial ... Please find a good sangha or help create one."

We think book clubs may be the perfect manifestation of the sangha. Thank you for including us in yours. #grateful



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WHO THIS GUIDE IS FOR:

This guide is intended as a companion for book clubs reading *Spiritual Rebel: A Positively Addictive Guide to Deeper Perspective and Higher Purpose* by Sarah Bowen. We define book club loosely. If you have two people and a book, you're a Spiritual Rebel club. (And, hey, we buy into the idea that one person with a book can be club-ish. Sarah likes to think she's a club all by herself considering the battling opinions and raucous debates in *her* head. That said, it's hard to have a one-person sangha, so we recommend finding at least one other person for your club.)

HOW TO USE THIS GUIDE:

The book *Spiritual Rebel* has three core sections: *Taking Out the Sacred Trash*, *Spiritual Moments*, and *Revealing Higher Purpose*. So, this guide suggests 5 gatherings as described below. Space them as near or far apart as your sangha decides, and your schedules allow. Consider your group's reading speed (and life commitments) to determine if you will meet weekly, bi-weekly, monthly, or some other configuration (every full moon? each Saturday for the Summer?)

Gathering 1 – Taking Out the Sacred Trash

Gathering 2 – Spiritual Moments: Being

Gathering 3 – Spiritual Moments: Deepening

Gathering 4 – Spiritual Moments: Expanding

Gathering 5 – Revealing Higher Purpose

Within this guide's pages, we have provided sample ideas and discussion questions for each gathering. Feel free to use these, adapt them, or make up your own. (You are *rebels*, after all.)

And, finally, because generosity is our favorite spiritual practice, we'd like to thank you for becoming part of the Spiritual Rebel sangha. Tell us about your group at spiritual-rebel.com/bookclubs, and we'll send you a "spiritually rebellious" sticker for each member plus a few other surprises. #rebelreaders



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GATHERING 1 – TAKING OUT THE SACRED TRASH

Pages 1-32, est. 1 hour reading + the practices (time varies)

Before the first gathering, each rebel reader has a little reflection to do:

- Read about Sarah’s journey on pages 1 through 25.
- Reflect on your spiritual journey this far. What surprises you?
- Complete the sacred trash exercises on page 25-32. Jot down any “aha!s” you’d like to share with your group.

Ideas for the first gathering:

- Begin with each member sharing their name, a spiritual rebel (dead or alive) who has been an inspiration on their journey, and “*why?*”
- Consider a short group intention statement, meditation, prayer, or practice.
 - Stuck? We love this tiny-but-mighty “set aside prayer”:
Please help me set aside everything I think I know about myself and the people in this club so that we may get to know each other in new ways, sharing deeply, laughing loudly, and flaming our curiosity for this wonder-filled, mystery-full Universe.
- Develop your group’s guidelines for sharing, privacy, or any other agreements you’d like to include as part of your book club experience.
- Share parts of your sacred trash with each other. Notice where people might have similarities or differences. Observe any instances where one person’s trash may trigger another person. Discuss: How do we navigate any discomfort that arises when the edges of our beliefs rub up against each other?
- Close your gathering with each person sharing the name of their opening rebel as their middle name (aka Sarah “Princess Leia” Bowen), merging inspiration into being.



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GATHERING 2 – SPIRITUAL MOMENTS: BEING

Pages 33–89, est. 15 minutes reading per day + the practices (time varies)

In the book *Spiritual Rebel*, each day has a theme, introduced by an anecdotal story which is followed by a short practice to try for the day. In total, the book provides 21 days of “spiritual moments.” During the week, the moments are focused on our internal, personal practices: *Mindful Mondays*, *Talking Tuesdays*, *Wonder-filled Wednesdays*, *Trekking Thursdays**, *Fearless Fridays*. Then on the weekends, we branch out beyond ourselves with *Seva Saturdays* and *Sangha Sundays*. Each suggested spiritual moment offers both directions for the practice plus a bunch of variations in case what we’ve suggested doesn’t float your boat. We also provide *Discover Deeply* resources in case you’d like to explore more fully.

Before the second gathering, each rebel reader:

- Explores pages 33 to 89 and tries out the spiritual moments.

Ideas for the second gathering:

- Start with a breathing moment together. (See page 45.)
- A volunteer reads the group’s guidelines.
- Each rebel shares. Some thought starters:
 - What practices were you raised with?
 - Which practices from the book felt meaningful for you?
 - Did any practices seem difficult? Or triggering?
 - Did any new sacred trash appear as you were doing the exercises?
- Group discussion: How do you make time during your busy day for spiritual moments?
 - Share ideas.
 - Brainstorm how you can support each other. For example, could you start a Facebook group for your book club? A texting group list? Choose a time each day where all members sit silently for a moment—together, yet separate?
- Close your gathering with each person setting an intention for something they’d like to deepen before the next gathering.

* Your group’s most detail-oriented rebels may notice that in the first edition of *Spiritual Rebel*, there is indeed a typo on page 39—Trekking Tuesdays. We agree it is confusing. Because Tuesdays are already for talking. We could make a clever comment about walking our talk, but you’d undoubtedly see through us. So, we’ll just admit that yes, none of us noticed that during proofreading. Find any other typos? Email us at bookclubs@spiritual-rebel.com so we can correct it in the next printing (and we’ll give you credit in the endnotes!).



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GATHERING 3 – SPIRITUAL MOMENTS: DEEPENING

Pages 92-141, est. 15 minutes reading per day + the practices (time varies)

In the book *Spiritual Rebel*, each week retains the same daily theme, and each new week's moments build on the prior week's.

Before the third gathering, each rebel reader:

- Explores pages 92 to 141 and tries out the spiritual moments.

Ideas for the third gathering:

- Start with a yawning moment together. (See page 95.)
- A volunteer reads the group's guidelines.
- Each rebel shares. Some thought starters:
 - What were your moments like this week?
 - Did any new sacred trash appear?
- **Group discussion:** Let's shift the focus from individual practices to *Seva Saturdays*.
 - What was the role of service, volunteering, charity, or giving in your family of origin?
 - What is it like for you now?
 - Discuss the relationship between being of service and self-care.
 - Brainstorm how you can be of service to those around you. Consider planning a *seva* project together.
- Close your gathering by melding your voices together with some kirtan kriya. (See pages 100-101.)



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GATHERING 4 – SPIRITUAL MOMENTS: EXPANDING

Pages 142-192, est. 15 minutes reading per day + the practices (time varies)

In the final week of spiritual moments in *Spiritual Rebel* (but hopefully not *your* final week of momentous spirituality!), we continue to expand outside ourselves, considering the impact our choices have on those around us.

Oh, and we'd be remiss to not state: *May the Fourth be with you!*

Before the fourth gathering, each rebel reader:

- Explores pages 142 to 192 and tries out the spiritual moments.

Ideas for the fourth gathering:

- Start with a few minutes of silence. (See page 147 for some tips.)
- A volunteer reads the group's guidelines.
- Each rebel shares. Some thought starters:
 - What were your moments like this week?
 - Did any new sacred trash appear?
- Group discussion: Let's shift the focus to *Sangha Sundays*.
 - Were you raised within a spiritual or religious community? What was it like?
 - Do you belong to any communities now? What is that like?
 - Or if not, are there any you have ever been curious about?
 - How does the idea of exploring new sacred spaces or communities feel for you?
 - Brainstorm how you can deepen your relationship to each other. For example, is there a sacred space nearby you could road trip to together?
- Close your gathering with a few minutes of silence.



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GATHERING 5 – REVEALING HIGHER PURPOSE

Pages 193–213, est. 1 hour reading total + the practices (time varies)

The last section of *Spiritual Rebel* probes readers to consider their higher purpose. (Or you could say dharma. Or calling. Or your inspiration. We don't care what you call it. But we're pretty sure it's amazing.)

Before the fifth gathering, each rebel reader:

- Explores pages 193 to 213 and the “I AM” reflection starters on page 195.

Ideas for the fifth gathering:

- Start with a favorite practice from the book.
- A volunteer reads the group's guidelines.
- Each rebel shares. Some thought starters:
 - Complete the sentence “I AM _____.”
 - Complete the sentence “I AM connected to _____.”
- Group discussion:
 - What is your response to the idea of a calling, dharma, or higher purpose?
 - Have any purpose-full ideas arisen during your experience of the book club?
 - Have you identified anything you might like to do? Or a state to “be”?
- Close your gathering with a spiritual moment or ritual. We love flying wish paper, lighting candles, dancing wildly to loud music, meditating quietly to the sound of your collected breath, and whatever it is that calls your group.

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Of course, the fun does not have to end. Consider whether you would like to have ongoing spiritual practice sessions, some sacred space crashing, keep your text group going, or pick a new book from the *Really Recommended Reading* on page 223.

And we'd love to hear about your experience. If you have ideas you think might be helpful for us to add to this guide or if you found things in the guide that you think we might need to adapt, let us know at bookclubs@spiritual-rebel.com.

May the Source be with you... always,

THE SPIRITUAL REBEL TEAM

