

Spirituality Book Club ~Happy Science~

The Science of Happiness Part 2

September 27, 2009

SPIRITUALITY BOOK CLUB
-HAPPY SCIENCE-



meetup.com

Questions to reflect on your past experiences;

- ④ *"Most people on earth don't understand what is or isn't of true value." (pg53)* There are qualities such as fame and money which some define to be of high value. List qualities which you believe to be *true values*. How can you work towards these qualities?

- ④ *"Benefiting the self benefits others. In other words, first you should refine yourself because that process benefits others." (pg61)* Is there anything you would like to improve on which you haven't had the motivation to change? Write it down, and think about how that improvement can be beneficial for you as well as how it will benefit others around you.

- ④ *"Since I awakened to spiritual Truth, I have never once become angry. I make an effort not only to understand other people's viewpoints, considering a situation from both their perspective and my own, but also to see it from the perspective of a neutral third person. I practice this in a split second, which prevents anger from engulfing my heart." (pg69)* When in the heat of the moment, some people do not make the same decisions as when they have a calm state of mind. Think of a past experience when you felt anger. Take the time to think not only about your feelings, but think of the other person's perspective as well as a third person point of view. How does this change your overall thought about the experience? How will you face another situation if a similar situation were to arise?

- ④ *"Each person is given a unique workbook of life problems to solve... Got expects us to complete our workbooks on our own, he still provides clues." (pg90)* A lot of times we miss the clues provided for us because we are not attuned to it. To learn to become more sensitive to these signs, think back to past experiences and think to see if there were clues which you neglected to notice till after it was over.

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