

DISCUSSION QUESTIONS

Increasing Wholeness: Jewish Wisdom & Guided Meditations to Strengthen & Calm Body, Heart, Mind & Spirit

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Chapter One: Seeking Greater Wholeness

When have you felt most at ease? What prevents you from increasing that kind of experience?

What obstacle to inner peace did you identify? What was your insight into how to address that obstacle?

What was your experience of the relationship between breath and holding on to negativity?

Chapter Two: Body—Our Portal to the World

When you compared two leaves from the same tree, what surprised you? How does this kind of awareness inform your appreciation for the uniqueness of human faces?

What was your experience when you chanted *shalom*? In what ways did the word link you to wholeness?

What surprised you when you employed the blessing practice?

Chapter Three: Heart—Fueling Engagement

What surprised you when you “corresponded” with God? How did this exercise change or expand your understanding of the nature of prayer?

When you recited the *modeh ani* prayer after awaking, what were your first thoughts on gratitude? How did beginning your day with gratitude affect your attitude during the day?

In your quick bibliodrama, who were you? What was the problem you sought to address? What insight did you gain into your own life?

Chapter Four: Mind—Alertness to Reality

Share a moment when you felt close to God. What does this holy moment convey about the nature of the Divine?

What in the listening exercise surprised you? What was your emotional response to being listened to? Being ignored? What does your response say about the relationship of emotions and mind?

In your week of meditation practice with a focus on mind, what thoughts arose? What is the relationship of these thoughts to emotions? Do these thoughts define you or are they separate from you, or both?

Chapter Five: Spirit—Intuitive Wisdom

When you tried the conjured sensuality exercise, what surprised you?

When you listened quietly within before the conjured burning bush, did you hear a calling? If so, what did you hear? What do you make of this inner charge?

What is the place of prayer in your life? How does it enhance your wholeness?

Chapter Six: Hand—The Power to Touch

During your week of baseless generosity, what was your most memorable act of giving? How did the acts of generosity affect you?

What was your experience of the *chesed* meditation? How did it open you to seeing others differently? Yourself?

When you tried writing an ethical will, what surprised you? Did you gain any insights to who you are as a person or how you relate to your family? What changes do you want to make in your inner or outer relationships?

Chapter Seven: Inner Peace—Balanced from Within

How did you experience “Walking in the Light”?

When you practiced “Revisiting Obstacles to Our Completeness,” what was different from your experience practicing “Identifying an Obstacle to Inner Peace” in chapter one?

When you listened to “A Final Blessing,” what images and feelings were evoked for you? In what ways did it allow you to feel more whole?

Afterword: Crafting a Practice

Describe your observance of the Sabbath. What do you gain from this practice? What elements do you aspire to add?

What practices from this book do you want to incorporate into your life? Do you want to practice them daily? Weekly? Be specific when describing your commitment to yourself and your inner cultivation.

Choose three memorable ideas from this book that will enable you to achieve greater inner calm, strength and effectiveness. What are they? Why do you think they will be helpful to you?