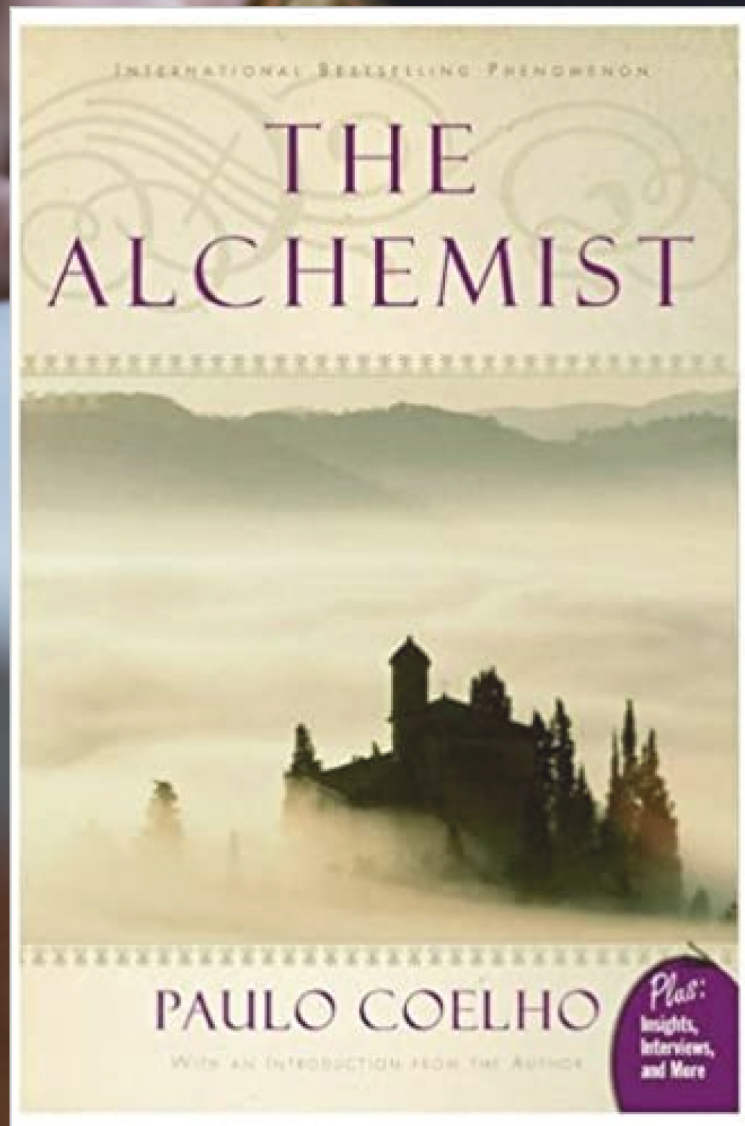




STEPH
JAGGER

A Reader's Guide

A collection of meditations and prompts to gently edge you into deeper connection with the book and yourself.



OUR TOP 10 FOR READING BETWEEN THE LINES

one QUOTE

PAGE 13:

"It's the possibility of having a dream come true that makes life interesting..."

Ooohhhh this is juicy. Is it the possibility of having a dream come true OR the dream actually coming true that makes life interesting? What's the difference? What's the impact? Sit around the cauldron with this one.

two MARINATION

PAGE 20:

"It's this: that at a certain point in our lives, we lose control of what's happening to us, and our lives become controlled by fate. That's the world's greatest lie."

How does it feel to read these lines about control? At this point in your life, what are your beliefs about control? Control that you hold and control that's held by fate (or God, or the Universe, or whatever beliefs speak to you)? What if it's a combination of both?

Write out your thoughts and then go back and re-read. Do they feel right in your heart of hearts? Anything you'd like to tweak?

three

MARINATION

PAGE 23-24:

"It's what you have always wanted to accomplish. Everyone, when they are young, knows what their Personal Legend is. At that point in their lives, everything is clear and everything is possible. They are not afraid to dream, and to yearn for everything they would like to see happen to them in their lives. But, as time passes, a mysterious force begins to convince them that it will be impossible for them to realize their Personal Legend."

Do you know what your Personal Legend is?
If yes, are you living it? Plain and simple: Yes or No.

If you don't know what your Personal Legend is, may we invite some exploration?
Think back to when you were young. What lit you up? What did you dream of doing? Of being?
If you've done THE GREAT BIG JOURNEY, a review of Weeks 2-4 could be supportive here.

What do you feel in your body as you recall those memories?
Are we getting warmer?

four

QUOTE

PAGE 24 and PAGE 44:

"And, when you want something, all the universe conspires in helping you achieve it."

"As he mused about these things, he realized that he had to choose between thinking of himself as the poor victim of a thief and as an adventurer in quest of his treasure."

WHOA. This really struck us, but we won't say how. Instead, we'll ask you . . . how do these lines strike you – on their own and as a pair? How do you feel after reading them? What emotions are here?

What does that tell you about yourself in this moment?



MARINATION

five

PAGE 42:

"I'm going to hate those who have found their treasure because I never found mine and I'm going to hold on to what little I have, because I'm too insignificant to conquer the world."

Birds . . . where in your body does this quote land? Is this showing up in your life? If so, where? And what is the impact of its presence?

MARINATION

Six

PAGE 54:

"Well, when I took my sheep through the fields some of them might have died if we had come upon a snake. But that's the way life is with sheep and with shepherds."

This got our wheels turning about risk, and about loss. There's inherent risk, as well as loss, involved in the adventure of life, yet many of us strive to protect ourselves from those very things.

What's your relationship like with risk and loss? Where do you find yourself open to them and where do you seek protection? How are control, risk, and loss connected? How do they impact one another in your life? And, what are you learning about yourself as you reflect on these questions?

seven

MARINATION

PAGES 76-77:

“Hunches,’ his mother used to call them. The boy was beginning to understand that intuition is really a sudden immersion of the soul into the universal current of life, where the histories of all people are connected, and we are able to know everything, because it’s all written there.”

Yeeeeess. Let’s get curious about our intuition.

What’s your relationship like with your intuition? Where do you feel it in your body? What language does it speak? What does it sound like? Do you picture anyone (a person, an animal, a color, perhaps?) when you connect with your intuition? What’s that like? When do you most often feel yourself immersed in the universal current of life?

Journal (or dance, or draw) it out.

eight

MARINATION

PAGE 128:

“They were seeking the treasure of their Personal Legend, without wanting to actually live out the Personal Legend.”

Oooohhh, right. The point is to actually live our Legends. Like experience them, and be in them.

Plain and simple: where are you seeking the destination, what treasure are you looking for, without wanting to experience the journey?



nine

QUOTE

PAGE 157:

"The boy reached through to the Soul of the World, and saw that it was a part of the Soul of God. And he saw that the Soul of God was his own soul. And that he, a boy, could perform miracles."

We find both wonder and comfort as we read this. How about you? What do you make of this? What do you feel about this?

ten

MARINATION

PAGE 163:

"The alchemist said, 'No matter what he does, every person on earth plays a central role in the history of the world. And normally he doesn't know it.'"

Let's let that sink in.

No. Matter. What. You. Do. YOU play a central role in the history of the world.
Do you believe it? How does it feel?

NOTES



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