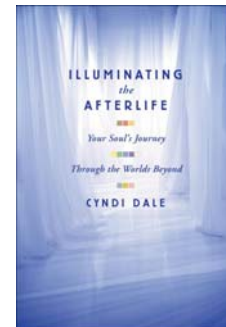


Reading Circle Discussion Points

ILLUMINATING THE AFTERLIFE
Your Soul's Journey Through
the Worlds Beyond
by Cyndi Dale
(Sounds True / ISBN 978-1-59179-944-3)



- *Illuminating the Afterlife* is about the soul's evolutionary process through the beyond. In what ways might understanding this process help someone face death? Live their lives?
- The Planes of Light are graduated levels of learning. Which do you think you are currently “working on” and how?
- Which Planes of Light seem familiar to you, as if you have visited them before?
- How are the viewpoints presented from various cultures about the soul and death similar or dissimilar from those of your cultural or religious upbringing?
- The book emphasizes the presence of a Genesis field (or zero point field), which interconnects us all during life and death. This field is also linked to the White Light many people report after a near death experience. How do you respond to the suggestion of such a field?
- Have you ever experienced the presence of beings of light or masters similar to those described in the book? When and under what conditions? If there were otherworldly beings, how might the acceptance of them alter the current landscape of the Western view of death?
- In *Illuminating the Afterlife*, the dying process is explained in terms of the energetic system, especially the chakras and auric fields. How does this link help you better understand the dying process?
- How do you feel about the idea of in-body transitional metals that assist with healing and the enlightenment process? If it is true, what might this mean for your life or understanding of the human existence?
- Pages 119-120 outline the types of issues we face when we're dying, organized by chakras. Which of these issues have you already dealt with? Which do you think you are addressing right now?
- How do the book's views of heaven, hell, abortion, and suicide underscore or challenge your own thinking?
- If you were going to master one particular Plane of Light in this life, which would it be?
- In what ways have you found this book similar or dissimilar to others you have read about death, dying, and the Great Beyond?
- If you were to die in a moment and were now given a minute to reflect upon your life, what would stand out the most?
- If provided a reprieve from death, what goals would you now decide to set?