



THE INSTRUCTION

Reading Group Questions

1. In the introduction to *The Instruction*, Ainslie MacLeod describes how learning to connect with his soul's purpose helped him make better choices in his life. Can you think of a time when you've felt your life was taking the wrong path? Do you recognize any similarities between your past and that of the author's? Can you identify with MacLeod's initial reluctance to accept his role as a psychic?
2. In Chapter 1, MacLeod describes the immensity of the universe. How does the idea of a cosmos of limitless possibilities fit with your own personal understanding of the universe?
3. What was your reaction to the concept of soul ages as a way to describe the diversity of human beliefs? Were you able to determine your own soul age? How has your awareness of soul ages changed the way you view others?

4. What did you learn about yourself as you read about the ten soul types? How does recognizing your soul type affect your level of self-acceptance? What is the importance of learning about all the soul types, not just your own?
5. Were you successful in determining your soul type and your primary and secondary influences? Why do primary and secondary influences play a significant role in understanding your personality?
6. Did the awareness that each person has a set of missions in this life surprise you? Why are ten broad missions so much more useful than knowing, for example, that your purpose in life is to be a bank teller? How can you make practical use of your missions in the future?
7. How did you relate to the past-life fears described in Chapter 5? How are past-life fears and the concept of reincarnation related? Do you recognize any past-life fears and phobias in yourself or those around you? Why do you think a phobia of Judgment and its related fear of public speaking is so common?
8. What happens when a desire for Education gets out of balance? What is the importance of balancing desires? Do you recognize specific desires in yourself?

9. Why do people with a challenge of Obstinacy tend to stay in bad relationships? Did reading how Brenda's son Anthony died as a result of a challenge of Self-Destruction help you recognize that behavior in public figures and/or those around you? Why is it important to overcome your challenges?
10. Why might your soul choose an investigation of Abuse if you suffered sexual abuse in your early years? If investigations are opportunities for growth, why does the soul not actively seek out negative experiences? Why are investigations considered to be the Door to Wisdom?
11. Because talents are past-life related, can you picture how your own talents might have originally developed? Does the knowledge that talents come from prior incarnations help make them seem less mysterious? Which talents do you think Ainslie MacLeod might have called upon when writing *The Instruction*?
12. The author describes his early mistakes in communicating with his spirit guides. Why do you think accuracy is so important when talking with those on the other side? What is the importance of creating a permanent connection with your spirit guides? Have you ever felt the presence of your spirit guides?

13. Why does enlightenment involve interaction with other souls? When Walter had his moment of enlightenment in the magistrate's office, why do you think he was so deeply affected? What would the world be like if everyone walked the paths? What does it mean to you when the author's spirit guides pose the question, "What if learning to drive a car took a lifetime?"