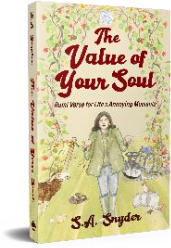


Reading Group Discussion Questions
The Value of Your Soul: Rumi Verse for Life's Annoying Moments



Read S.A. Snyder's blog at www.LunaRiverVoices.com

1. In the Introduction, the author talks about how her heart longed to connect with a deeper way of living. To find that connection, she took a huge risk by leaving her home and way of life, traveling six thousand miles to live with complete strangers. Have you ever taken a big risk or tried something out of your comfort zone? What did you learn about yourself? Others? How has that experience changed you?
2. If you've never taken a big risk or pushed the limits of your comfort zone, what's prevented you? If time, money, and family and job commitments weren't in play, would you take a risk such as the author did? Why or why not? If so, what would that risk be?
3. The author identifies what she calls the most powerful of human emotions (PHEs), and each chapter deals with one or more of these: fear, resentment, disappointment, isolation, vulnerability, expectation, impatience, and control. Which PHE do you struggle with and why? Which PHE is easy for you to process and why?
4. Although these PHEs are often seen as negative, the author prefers to think of them as teaching opportunities rather than things to be avoided or suppressed. Describe an experience in which you turned around something at first viewed as negative to something you could learn from. What did you learn? How did that affect your future behavior or experience?
5. What particular lesson in the book stood out for you, either that the author learned about herself or that you discovered about yourself by reading about her experience?
6. What behaviors do you repeat even though you know they don't serve your higher purpose? What could you do differently?
7. The author's strong faith in God is apparent, although she firmly believes everyone must walk a path of their choosing. How does your faith—or unaffiliated beliefs—guide you in dealing with life's annoyances?

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8. Would you consider yourself an easy-going type who is little bothered by life's annoyances or the type that is easily wound up? Or somewhere in between? Would others agree with your self-assessment? Why or why not?
9. Describe something that really annoys you. Why does it annoy? On closer examination, could you let go of its power to annoy you? If you don't want to let it go, why not?
10. Describe an experience that really annoyed you and for which you later regretted your behavior. What happened? How did you react? What feelings did you experience after the fact? Did you have to make amends?
11. What do you think of Rumi's poetry? Did any particular verse resonate with you? In what way? Are you inspired to read more of Rumi?
12. Why do you think the author used humor? Did it enhance or detract from your experience of the book? Why?
13. After reading this book, are you inspired to read the author's full memoir upon which it is based? Why or why not?
14. What is your favorite chapter and why?
15. Did any chapter make you feel uncomfortable? In what way and why?
16. What parts of the author's experience did you most relate to? Least relate to?
17. If you could ask the author one question, what would it be?
18. If you could go on a retreat anywhere in the world, where would you choose and why? What would you hope to gain by the experience?