

**DISCUSSION
QUESTIONS**

The
Warrior
Heart
Practice



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THE WARRIOR HEART PRACTICE DISCUSSION QUESTIONS

These questions are to get you started; feel free to create your own questions and discussions. Practice simply listening to each other's answers without trying to fix or give advice or share your similar story. Deep listening and honest sharing are two wonderful Warrior of the Heart talents to practice! You can set a timer for each person's share (three to four minutes per question) or let everyone take as much time as they need. See what works best for your group.

Chapter 1: Remembering the Connection

1. What is the “map” and the “method” of The Warrior Heart Practice?
2. How does it feel when you connect with your Big Soul? When was a time you felt deeply aligned, peaceful, and/or connected to all of Life?
3. What are your Little Soul's main fears? Where do you feel lost? Where do you feel judgmental or harsh towards yourself? Where do you feel victimized or scared?
4. Why is witnessing so important in helping to re-connect Little Soul and Big Soul?

Chapter 2: Introducing the Chambers

1. What are the four chambers of The Warrior Heart Practice? Why are they called “chambers?”
2. What are the main questions of the Feeling Chamber?
3. What are the main questions of the Story Chamber?
4. What are the main questions of the Truth Chamber?
5. What are the main questions of the Intent Chamber?

Chapter 3: The Feeling Chamber

1. What does it mean to “exit” your emotions?
2. How do you exit your emotions?
3. What is one of the emotions that you struggle with?
4. How have you practiced just being with your emotions?

Chapter 4: The Story Chamber

1. Define what a “story” is.
2. How do our stories and our feelings get tangled, and why is it so important to separate them out?
3. What is one of your recurring stories?
4. Share a time when you or someone you know made up a story that wasn't true. What was the result?

Chapter 5: The Truth Chamber

1. How can you tell the difference between a story and the truth?
2. Why is willingness so important in the Truth chamber?
3. What is the difference between relative truth and absolute truth?
4. What are some of the ways you can become more familiar with the spaciousness of the Truth Chamber after the noise of the Story Chamber?

Chapter 6: The Intent Chamber

1. What is intent?
2. How many words should you pick to represent your intent? Why?
3. What does it mean to be unconditional in your relationship with self and other?
4. Why is clear intent so vital in unraveling your story and making new choices?

Chapter 7: Integration

1. Why do we circle back after getting clear on our intent?
2. What is your experience of going back into the Story Chamber holding your intent and your truth? Are you better able to witness, or see a different perspective?
3. How did you feel after you completed the process and sat in the Feeling Chamber?
4. How can you keep integrating The Warrior Heart Practice in your life?

Chapter 8: The Art of Stalking Yourself

1. What does it mean to “stalk” yourself?
2. Give an example of a negative way you’ve used stalking.
3. What are the three types of stalking, and can they help you see different points of view?
4. What is your favorite agreement of the Warrior Heart Code? Which one feels the most challenging? Why?

Chapter 9: Expansion

1. What are the three attentions?
2. Give an example from your own life of first, second, and third attention experiences.
3. What is “spiritual smugness”? How can you avoid it?
4. How will you balance cleaning and connecting, and reconnecting more with your Big Soul’s wisdom and love?