

A NEW EARTH ONLINE CLASS

COMPANION GUIDE

CHAPTER 1

1. Why did you decide to read this book?

**2. Are there specific areas of your life that you think will benefit from the lessons of *A New Earth*?
How can you incorporate the book's teachings in your life today?**

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3. Think about the question on p. 5: “*Can human beings lose the density of their conditioned mind structures and become like crystals or precious stones ... transparent to the light of consciousness?*” What makes you feel more alive and open, less dense, less bogged down by heavy thoughts and feelings? Could this be the beginnings of what *A New Earth* is pointing toward?

4. Spend some time in the presence of something you consider beautiful—a flower, a gem, a piece of artwork. As you look at the object, try to see it without naming it mentally. When we appreciate beauty in this manner, a window opens into the formless and into a state of gratitude. See if you can experience that. Write your experiences here.

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CHAPTER 1

5. Do you consider yourself a religious person? What about a spiritual person? Is there a difference between the two?

6. *“Humanity is now faced with a stark choice: Evolve or die. ... If the structures of the human mind remain unchanged, we will always end up re-creating the same world, the same evils, the same dysfunction”* (p. 21–22). Are you aware of this dysfunction? Where is it most apparent in your own life and in the world? Do you think humanity is ready for a transformation of consciousness?