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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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?