

## Monthly Study Group with the Book “Soul without Shame” by Byron Brown

Our study group is not quite the same as a “book club.” Typically, in book clubs, people meet and talk intellectually about what they’ve read. We’re using the material in the book to study, to learn more about ourselves. We practice embodiment and inquiry while reading the material prior to the group and then again while sharing in the meeting.

*If the word “soul” feels too religious to you, consider the word “consciousness” instead.*

Monthly Mondays 4pm Pacific	Chapter Number	Chapter Name	Page Number	Number Pages in Content	Meeting # & pages to read
Jan 27		Forward	ix-xi	3	Meeting 1 Fwd, Pref, Intro & Chapter 1 Read 22 pages p. ix-12
		Preface	xv-xvi	2	
		Introduction	xvii-xxii	6	
		Note to Reader	xxiii-xxiv	2	
Feb 24	1	The Soul Perspective	4-12	9	Meeting 2 Ch 2 & 3
	2	What is the Judge	13-27	15	
Mar 24	3	True Nature and Reality	29-39	11	Meeting 3 Ch 4 & 5
	4	Recognizing Judgement	41-63	22	
Apr 28	5	Awareness	65-72	13	Meeting 4 Ch 6 & 7
	6	What is Judged	73-87	14	
May 26	7	Acceptance	89-97	8	Meeting 5 Ch 8 & 9
	8	Engaging the Judge	99-115	16	
Jun 23	9	Personal Will	117-125	8	Meeting 6 Ch 10 & 11
	10	Being the Judge	127-141	14	
Jul 28	11	Strength	143-153	10	Meeting 7 Ch 12 & 13
	12	Why Judge	154-171	17	
Aug 25	13	Joy and Curiosity	171-177	6	Meeting 8 Ch 14 & 15
	14	Looking Deeper	179-188	9	
Sep 22	15	Compassion	189-196	7	Meeting 9 Ch 16 & 17
	16	Disidentifying	197-208	11	
Oct 27	17	Spaciousness	209-216	7	Meeting 10 Ch 18 & 19
	18	Stopping Self-Betrayal	217-228	11	
Nov 24	19	Value	229-238	9	Meeting 11 Ch 20 & 21
	20	Defending Against Judgement	239-256	17	
Dec 22	21	Peace	257-262	5	Meeting 12 Ch 22 & 23
	22	After the Judgment is Gone	263-274	12	
	23	Truth	275-282	8	Meeting 13 Ch 24 & 25
	24	Recapping the Journey	283-294	11	
	25	Presence & Final Thoughts	295-302	7	

Read  
22 pages

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26 pages

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Contact me for more information: [deborah@alivinginquiry.com](mailto:deborah@alivinginquiry.com)