



Questions for Session One of “Claiming Your Spirituality in the Second Half of Life”...

1. Think back on the days of your childhood and teen years, did you seem to have the same personality then as now? If so, describe it. If not, what has changed? Who do you think is your True Self?
2. Do you ever present yourself differently in different situations and with different people? Why? And where do you think your True Self is in these situations?
3. Have you felt summoned to “something more”...a second half of life experience? What are you seeking?
4. Are you being called to downsize...to live simpler, fewer, and with less... in your life? Or have you done that already; if so, how did it feel? Does it sometimes feel like there is (still) “inner clutter?”
5. The Forest Dweller Stage that Paula Huston’s son shared with her comes from the Hindu tradition and represents a transition from worldly responsibilities to a more inward focus. What would you like to let go of and what would you like to focus on more?
6. How comfortable are you with the “unknown” that lies ahead? Are there some things you worry about facing in the second half of life?
7. How do you feel about wanting to get better control of what lies ahead? Would you like to “fix” a few things or a few people so you can rest easier? How does the suggestion that you let go of control or the desire for it feel to you?
8. What gifts do you experience in those special moments when you feel God’s presence? How does that feel? Would you like to nurture a deeper relationship with God on a daily basis?
9. Do you think you have figured out the answer to the “Who am I?” question? Or are you still working on reconnecting with the True Self God created you to be? Are you interested in exploring more ways to connect with God?
10. Do you feel at peace in the place and the situation in which you live?
 - If not, what do you think it would take to find peace? To be able to let go of stress?
 - If you have found peace, what spiritual practice got you here?