

# THE KEY TO LOVE

## Is knowing who I am

### Post Book Discussion Guide

Two main topics that are addressed in this book

1. Who am I
2. What is Love

#### Who am I

1. What does the book tell you about “Who I am”?
2. Circle all the words below that the book describes “Who I Am”?

Stressed	Abundant	Strong	Unique	Free
Happy	Sad	Wonderful	Limited	Not Worthy
Better Than	Love	Fearful	Connected	Beautiful
Consciousness	Individual	Weak	Body	Being

3. In the book it talks about our consciousness and our physical body; Which one controls which and why?
4. Do you exist outside of your body?
5. Why are you more than your body?
6. What is the “Source” of humanity?
7. Are you or anyone else Special?
8. Are there those who are better than others? Explain
9. What is the difference between Unique and Special as it relates to who you are?
10. Is there anyone better than or more deserving than you? Explain
11. Can you ever be truly alone or isolated?
12. What does the author mean when he says we are energy?
13. What does the author mean when he says “If you hurt someone else you are hurting yourself”?
14. What does the author mean in the last paragraph of the book when he says “No one needs to be fixed”?
15. Do you agree with the book's understanding of “Who I am”? Explain

## **What is Love**

1. What does the book tell you about Love?
2. What is Love NOT?
3. What is the difference between Love and Fear?
4. Why is Love the truth of "Who I am"?
5. What is your current definition of Love? Has it changed after reading the book?
6. Can you be in Love and fear at the same time? Why or why not?
7. If you see two people in an argument and saying hurtful things about each other. Is Love present within them and towards each other? Explain
8. When someone says they don't Love you, is that true? Explain
9. I Love conditionally or unconditionally? Why?
10. Does the act of war mean that Love is not present? Explain
11. Can you ever be "not Loved" Why or why not?
12. Does everyone deserve your Love? Explain
13. What is the one thing that brings all things together?
14. When the author says "Love is the Universal energy vibration, what does he mean?
15. Why does the author describe humanity as a Radio?
16. What does the author mean when he says Love is like Air?
17. In the example of the Radio. The author says that if you choose the vibration of Love you broadcast many attributes and one of those attributes is Freedom. Why did the author list that attribute?
18. Do you agree with the book's understanding of Love?