

Welcome to Your Complimentary *You Are a Spirit* Group Guidelines

Congratulations!

... on making the decision to wake up to your true essence as a spirit residing in a human body. You have taken the first step towards full awareness of yourself as the creator of your own life. We know that as you follow the nine steps to heaven on earth these considerations will help you come to a new recognition and awareness of yourself as one with all, and to live from the energy of the truth of your being.

In these complimentary reader's group guidelines, you'll find material to facilitate your personal growth and help you explore the nine steps to heaven on earth in a circle of mutually supportive individuals.

Included in this reader's group guide are:

- ✿ A framework for conducting a weekly *You Are a Spirit* group meeting
- ✿ Suggested questions for nine group meditations and discussions
- ✿ Exact page numbers to locate prayers and meditations in the book
- ✿ Bonus quotations drawn from *You Are a Spirit*

To place a bulk order for signed copies of the book for members of your group, send an email to bulkorders@yaaspress.com Kayhan is willing to do a free teleseminar for any reading group that orders ten (10) or more copies. You may also send your electronic [Amazon.com](https://www.amazon.com) receipt to the same email address in order to be eligible for this—and other—special bonus gifts.

Feel free to modify the structure of the meetings to suit your own group. However, we would suggest that you take your time as you answer the thought-provoking questions in these guidelines and do the companion meditations from the book. These are designed to facilitate discovery.

With regular focus on the considerations of the nine steps to heaven, you are choosing to embrace yourself as a spirit! Your observation of your experience as you do these meditations will help you to uncover your own personal understanding of what that means in the context of your life.

Enjoy Your Journey!

YOU ARE A SPIRIT 🌿

Group Meeting Framework

If the one I am looking for is the same one that's doing the looking, how do I find the one who is doing the looking? How do I find me?

~ Kayhan Ghodsi

THE GOAL OF A GROUP is to support each participant in gaining the most he or she can from the nine considerations in *You Are a Spirit*. It is important that a safe and calming space be created in order for everyone to feel free to participate and share, but without being pressured to do so. When participants share, it is important for the others to listen respectfully without attempting to interpret what they heard. Everyone's experience of the nine steps meditations will be unique and personal.

It is a good idea for different group members to be given the opportunity to lead the group, if they would like to do so. This policy helps to prevent one member from dominating and also gives everyone a chance to grow.

To provide the maximum support, it is helpful to meet once a week after group members have read and practiced each step on their own. Then...

As you come together as a group, the group leader should follow these instructions.

🌿 Read the prayer from the book that matches the step the group is mutually working on. Then, allow a few minutes of silence to give group members a chance to get present and centered in the room.

🌿 Have the group share how it was for them to read and practice the step on their own during the week prior to the meeting.

🌿 Talk about the five points of the discussion. Use the suggested questions or come up with your own questions. As the leader, your role is to moderate and make sure that people do not interrupt one another, and that all members of the group are given an opportunity to respond to the questions if they have something to say.

🌿 Meditate: Have everyone else close their eyes while you either read the guided meditation for the step you are on from the book aloud, or (if you have the

CD *Meditations for Nine Steps to Heaven* handy) you play the recording of Kayhan reading the appropriate companion meditation.

✿ Reserve a few minutes for silent reflection following the meditation.

✿ Then, read the following instructions to guide group participants to receive the healing spiritual rays of a golden sun:

“Imagine a golden sun hovering above the top of your head (your crown chakra). See, feel, and sense the golden sun slowly coming down and into your body—where its light is penetrating every cell and space within you. The golden sun moves through your body all the way down to your toes.”

✿ Invite participants to share details of their experience of the meditation—if they so choose. When you describe something you saw in meditation like this you are validating your own clairvoyance. How did your body feel? What colors did you see?

✿ Read the final thought:

“May it be with the blessing of the Supreme Being that You Are a Spirit will benefit all of us in our spiritual growth awareness and understanding.

Amen.”

✿ To conclude the meeting, thank everyone for coming and remind the group of the date, time, and location of the next meeting.

STEP ONE 🌀

You Are a Creator

Perhaps today you'll allow yourself to pull back and entertain, just for a split-second, the idea of being a spirit residing in a human body.

~ Kayhan Ghodsi

IF WE ARE CREATORS OF OUR OWN LIVES, but we don't always feel as if we are in control, how do we begin to remember being a spirit? In part, this is the subject of today's discussion of Step One.

PRAYER

The Step One Prayer is located on page xxi of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

🌀 Kayhan Ghodsi asserts that just by considering the idea that we are the creators of our lives, our lives begin to change. Have you ever had this experience?

🌀 What is your understanding of this consideration?

🌀 What did you actually see when you did the meditation on your own?

🌀 Is there anything about the idea of being a creator of your own life that makes you uncomfortable?

🌀 Do you think life is easier and more controllable if you are *not* the creator of your own life? Or... if your life is just happening to you?

MEDITATION

The Step One Meditation is located on page 12 of *You Are a Spirit*.

STEP TWO 𐌆

You Are Perfect in the Present

The friendly universal energy whose sole function is to translate our energy into physical events always provides us with the perfect life experience in the moment.

~ Kayhan Ghodsi

CAN YOU ACCEPT THAT WHAT YOU HAVE today is what you created yesterday? It is much easier to accept life's twists and turns if we accept that the process of life is perfect, rather than the expectations of others or our own judgments about what happens.

PRAYER

The Step Two Prayer is located on page 15 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

𐌆 Kayhan Ghodsi says that running our own energy through our bodies in the present time is the most authentic, harmonious, and fulfilling way to create a life. What does that mean?

𐌆 What is one thing in your life that you feel or think is not perfect? What picture caused this thing to exist in your life? Was it yours or someone else's? Is there someone other than yourself who approves of this "imperfection" in your life?

𐌆 Do you have any expectations of someone in your life? Does anyone in your life have expectations of you?

𐌆 What do you sense when you look at the energy of this consideration?

𐌆 How would you describe an "authentic life"?

MEDITATION

The Step Two Meditation is located on page 25 of *You Are a Spirit*.

STEP THREE 𐤎

You Are Not Your Body

If you realized what the body is and what you are, your relationship with your body would shift.

~ Kayhan Ghodsi

IF AWARENESS IS THE BASIS of all growth and transformation in our lives, what blocks awareness and what enhances it? Today's discussion centers on many facets of awareness: of sensation, thought, and energy.

PRAYER

The Step Three Prayer is located on page 27 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

𐤎 Do you pay attention when your body “talks” to you? How does your body communicate with you? Is pain the only language you understand?

𐤎 Does it scare you to think that you are not your body? Why?

𐤎 Are there any sensations you would like to have through your body? What would be the value to you of knowing those experiences?

𐤎 Have you ever noticed a difference between thinking about an experience and having the actual experience?

𐤎 Kayhan Ghodsi says that the body enables us to discover our own truth. Is truth subjective or the same for everybody?

MEDITATION

The Step Three Meditation is located on page 39 of *You Are a Spirit*.

STEP FOUR 🌀

Your Vision Sees More than Your Eyes

Spiritual energy is the energy of awareness.

~ Kayhan Ghodsi

IF THERE IS MORE TO BE SEEN THAN MEETS THE EYE, how can we see and benefit from it? We are more capable than society would lead us to believe, and validating our intuition and telepathy helps us shift our vibration.

PRAYER

The Step Four Prayer is located on page 41 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

🌀 Have you ever looked at someone and known exactly what he or she was thinking? Have you ever known someone was about to call you—and then he or she did? Did you trust your intuition or did you dismiss it?

🌀 Since reading Step Four, have you noticed being more aware of your intuition?

🌀 When you did the meditation on your own, what did you feel when you looked at your image on the screen? Was it hard to keep a distance between you and the image? Were you able to just sit and watch?

🌀 Do you tend to put negative or positive values on things you see? Do these judgments affect the outcomes of your experiences?

🌀 Have you ever been neutral, like Kayhan was in the computer store, and had things turn out in a favorable way?

MEDITATION

The Step Four Meditation is located on page 53 of *You Are a Spirit*.

STEP FIVE 🌀

You Are One with All That Is

When we are in resistance to being one, the things we fight to be right about are often ridiculous.

~ Kayhan Ghodsi

THIS IS AN ANTI-EGO CHAPTER, because the ego is the part of us that keeps us thinking we are small and separate, rather than helping us embrace the mighty spirits we truly are. There is a lot to be gained by recognizing ourselves.

PRAYER

The Step Five Prayer is located on page 55 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

- 🌀 Where in our lives are we attached to being “small”?
- 🌀 What stories do we tell about ourselves that we feel define our identity? Are these stories true or are they a pretense? What might happen if we were to drop those stories? Who might people see behind the story?
- 🌀 Do you feel stuck anywhere in your life? If so, is it possible you are in competition with some aspect of reality?
- 🌀 When you listened to your heartbeat during the meditation this week, how did your body respond to the rhythm inside you?
- 🌀 On page 71, Kayhan Ghodsi says that we experience the world either as a mirror or as a projection of who we are—do you agree? How does the world mirror you? And where are you projecting your thoughts and feelings about yourself on the world?

MEDITATION

The Step Five Meditation is located on page 72 of *You Are a Spirit*.

STEP SIX 🌹

You Have No Problems

Every time you come across a problem smile. Make this your practice.

~ Kayhan Ghodsi

WE USE “MOCK UPS” TO CREATE, thought-pictures that appear on our mental screen before they become solid objects. If our own energy does not define the thought-picture, we run someone else’s energy and life begins to feel problematic. Problems are “lies” in our energy field.

PRAYER

The Step Six Prayer is located on page 73 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

🌹 Did you ever take a step back and look at a so-called problem and realize it wasn’t a problem at all? What happened next?

🌹 Did you try smiling at your problems this week? If so, please describe how you felt about it.

🌹 Let’s play a game: Tell the person on your right a “problem” you are having right now. Then, smile at it. Describe if it changes.

🌹 Everyone in the group, can now take a problem and imagine putting it outside of them. Then ask, “Is this really my problem or is it someone else’s problem that I have taken on?” Share your answers with the group.

🌹 When you did the meditation this week on your own, were able to surrender your resistance to the rose? Did the rose change when you released your resistance?

MEDITATION

The Step Six Meditation is located on page 79 of *You Are a Spirit*.

STEP SEVEN 𐄂

You Can Choose Joy

Joy is the unimpeded flow of the life force.

~ Kayhan Ghodsi

GOING FROM SADNESS TO JOY (or from one emotion to any other) is as simple as walking from one room into the next. It's merely a shift in vibrations, which clairvoyants perceive as colors in the crown chakra.

PRAYER

The Step Seven Prayer is located on page 81 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

- 𐄂 Why would anyone resist joy?
- 𐄂 What causes joy to be present?
- 𐄂 What color is your crown chakra right now—or the color of the chakra of the person on your right and left?
- 𐄂 When you were meditating on your own this week, did you play around with changing your color? What was that like?
- 𐄂 Have you ever experienced your ego dissolving?

MEDITATION

The Step Seven Meditation is located on page 93 of *You Are a Spirit*.

STEP EIGHT 🌀

You Can Experience Forgiveness

There is no way we can bring forgiveness to anyone or any situation if we don't believe in our own innocence. If we cannot forgive ourselves, we cannot forgive others.

~ Kayhan Ghodsi

FORGIVENESS IS THE CLOSEST THING on earth to the truth of love, according to Kayhan Ghodsi. Love, he says, helps us to see the essence of spirit in everyone around us, and in ourselves.

PRAYER

The Step Eight Prayer is located on page 95 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

🌀 Kayhan says that guilt is a decision we make just before we run someone else's energy through our body? How could this be so?

🌀 Does forgiveness mean we have to condone violence and the acts of those who perpetrate violence?

🌀 Have you ever had the experience of offering someone forgiveness for a deep resentment—and, if so, how did you feel afterwards?

🌀 Is there anyone whose forgiveness you would like right now?

🌀 How did the golden light meditation you did this week impact you?

MEDITATION

The Step Eight Meditation is located on page 105 of *You Are a Spirit*.

STEP NINE ✨

You Are in Heaven ... Because You Never Left It

Our last step is to trust God as we would trust the dearest of our dear friends. It is only with total trust that we stop refusing God's love and accept who we are: divine creators of our lives.

~ Kayhan Ghodsi

GOD INVITES US TO GO ONE STEP FURTHER in Step Nine than we've gone before. No matter what happens, God asks us to be mindful of our holiness and remember that how we are being is more important than what we are doing. God is on our side—we can be certain of this!

PRAYER

The Step Nine Prayer is located on page 107 of *You Are a Spirit*.

SUGGESTED QUESTIONS FOR DISCUSSION

✨ What does Kayhan Ghodsi mean when he says, "Heaven is everywhere and every-now"?

✨ What are the qualities of heaven that Kayhan describes in Step Nine? Can you think of any more qualities than he mentioned?

✨ What happens to you (what, for instance, do you feel in your body or perceive in your mind's eye) when you believe in your innocence?

✨ What do you know now about heaven, as we complete Step Nine, that you wish you known on the first day you read Step One?

✨ Does being a spirit make life better or worse, easier or harder?

MEDITATION

The Step Nine Meditation is located on page 116 of *You Are a Spirit*.

You Are a Spirit Bonus Quotations

- ☯ “If you choose to look in the mirror I am holding up before you and to study what is reflected there you’ll see that above all you are a spirit.”
- ☯ “The perfection of the universe has created you perfectly.”
- ☯ “Because you are a spirit, there is no end to you. You exist in eternity and not in time.”
- ☯ “Your life is like one long, interactive movie in which you can instantly rewrite the script and change the elements of the story.”
- ☯ “Your body is your cosmic clue to present time.”
- ☯ “From a clairvoyant perspective, we run the energy of other people through our bodies on a daily basis.”
- ☯ “At the moment we run someone else’s energy through our body it becomes a lie. It’s not a lie *for that person*; it’s a lie for us!”
- ☯ “The whole notion of perfection versus imperfection implies a discernment that there is some way things absolutely should be.”
- ☯ “It is important to validate yourself, your needs, your desires, your choices, and your experiences because you created them.”
- ☯ “Life is not a game of perfection. Life is a game of awareness.”
- ☯ “As spirits, we truly know everything and have access to the energy of the cosmos, yet we cannot feel the wind blowing through our hair or sense the sun’s warmth on our faces unless we have bodies.”
- ☯ “As the mighty spirit that you are, you have a constant desire to expand, to know, to sense, to evolve.”
- ☯ “Pursuit of that which you desire is a demonstration of love. But we must distinguish pursuit from possession of the object of desire.”
- ☯ “The person who learns about wine is not the same person who has taken a drink. The former knows. The latter is transformed.”

- ☯ “Your body is the answer to your prayers because it enables you to discover your truth.”
- ☯ “Change happens when you discover your truth.”
- ☯ “Everything that becomes manifested results from something that exists in the unmanifested world.”
- ☯ “Heaven is not a strange place that you will go to when you die. It’s here right now.”
- ☯ “Spiritual communication has no limits. We can communicate with the universe, with a plant, or with an animal, as much as with a friend.”
- ☯ “The biggest confusion we all share is mistaking *being* with having and doing. We don’t believe we can be one and have body/self.”
- ☯ “Moving from separation to oneness is an act of self-healing.”
- ☯ “When we are in resistance to being one, the things we fight to be right about are often ridiculous.”
- ☯ “Humility is allowing yourself to change, rather than pushing yourself to change.”
- ☯ “No effort is required to be what we are.”
- ☯ “When we understand that we are one, and begin to use the world as a mirror, we see qualities we have not forgiven in ourselves in others, and this is a reminder to us to accept and forgive ourselves.”
- ☯ “Without the act of judgment, we would have no problems.”
- ☯ “Competition is the act of trying to make a lie real in our own space.”
- ☯ “Changing a situation in life does not come from changing what you do, but from changing your vibration.”
- ☯ “Joy is not caused by external occurrences. It’s a state of being, rather than an emotion.”

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