

BOOK CLUB GUIDE PART 4

There I Am

VIRTUAL BOOK CLUB

SECTION 4

Ch 17 A Come to Justin Meeting

Ch 18 The Yes Thing

Ch 19 Two Thousand Words

Ch 20 Human Energy Sponge

Ch 21 Journeying

Ch 22 Home



CHAPTER

Seventeen

THEMES

- Learning to live after heartbreak.
- Learning to live as yourself.

FAVORITE QUOTES

I see my reflection best when it bounces off the ones I love, I always have, and without them, I don't really know who I am.

Whatever happens, I want it to happen with love.

Every movement is a fight, but what a fucking fight! What a blissful rebellion!

*There she is. Joyful, silly, soulful. Radically sacred. Pajamas and sweat and freedom.
There I am.*

Pain is big, but beauty is bigger. I make beauty my mission.

QUESTIONS

What are ways you have defined yourself by the people around you?

In what moments do you really see yourself? How do you show up?

What role does social media play in your life? Better yet, what role does other people's affirmation play in your life?

JOURNAL PROMPTS

Beauty as medication is such a wonderful thought. Has there been a time in your past that beauty has felt healing to you? What beauty could you invite into your life today?

CHAPTER

Eighteen

THEMES

- Jack is really gone and it's time to get back to work.
- A little new love interest.

FAVORITE QUOTES

My body has been a lot of this, but since childhood, it's never been home.

I've never felt less looked at and more looked into.

My body doesn't have to be a perfect place to be a sacred one.

The story of worthlessness, of shame, is woven tightly into me, but just because you know a story by heart doesn't mean it's true.

My body may have broken parts, but I can love devotedly with it, I can celebrate, exult, and let myself be moved.

QUESTIONS

How do you test the stories you have constantly believed about yourself?

What are ways you have come home to yourself over the years?

In what ways do you feel at home in your body? What are some ways you would like to continue to come home?

JOURNAL PROMPTS

“My body doesn’t have to be a perfect place to be a sacred place.” Would you take time today and speak love over every part of your body? Even the parts you want to change or have spent years hating. Would you be willing to give them an extra kind word right now?

CHAPTER

Nineteen

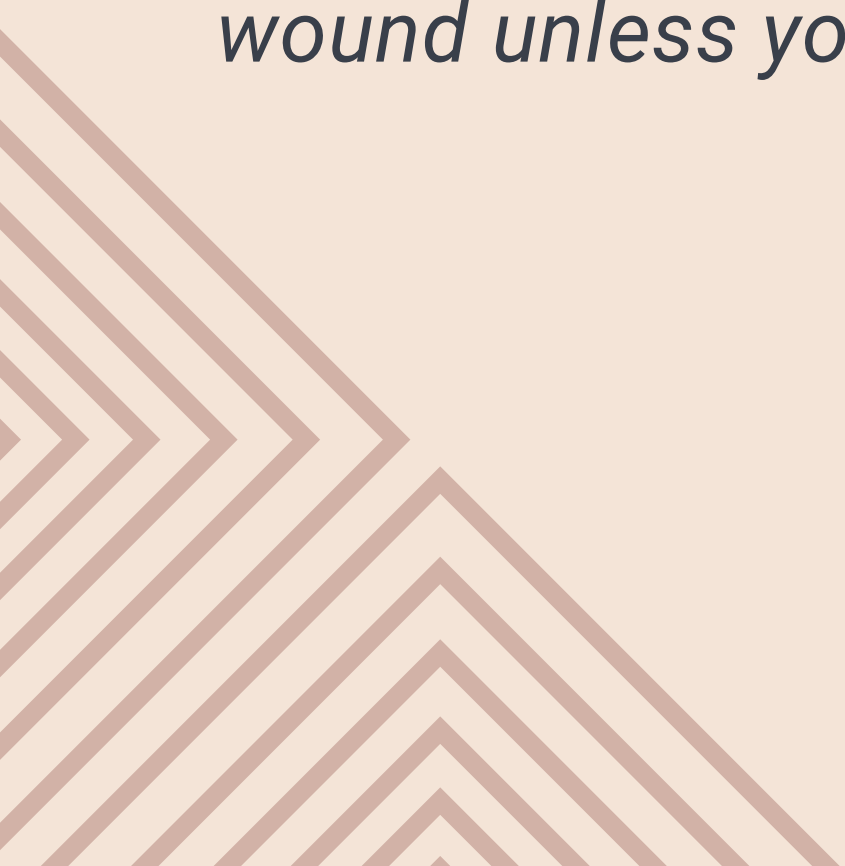
THEMES

- The divorce is final.
- Forgiveness creeps into the most painful of moments.

FAVORITE QUOTES

The silence hurts, so I make as much noise as I can.

I cover everything that hurts with anything that doesn't. I know you can't treat the wound unless you let it breathe. Defiant, I try to smother it.



QUESTIONS

When everything around you feels dead, words of life can change everything.
When have you experienced this in your life?

It is so easy for us to run from our pain. What are some of the ways in your life you run from pain?

What parts of your story you are hiding from the world?

JOURNAL PROMPTS

What are some ways in your life that you can invite beauty and pain to sit at the same table?

CHAPTER

Twenty

THEMES

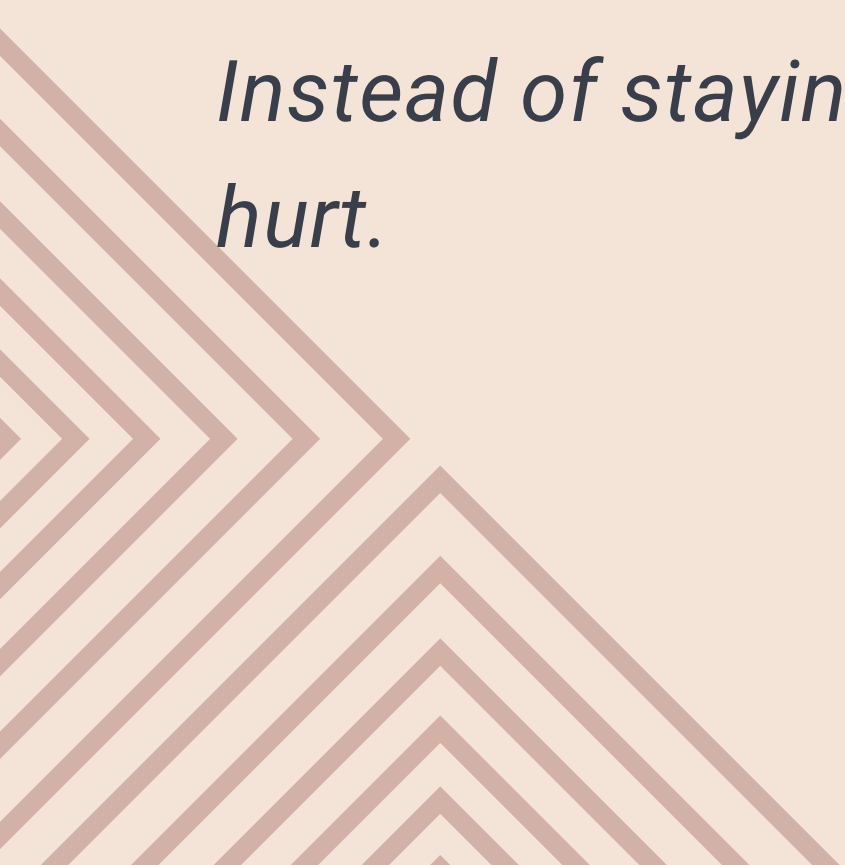
- As Ruthie's career grows, she doesn't take much time to listen to her body.
- A beautiful shift begins to happen in Ruthie's body.

FAVORITE QUOTES

I'm good at absorbing the pain of others... the longer it all goes on, the more I feel like a sponge – heavy, moldy, dripping wet, desperate to be wrung out or thrown away.

I feel exhausted by a future that hasn't arrived yet.

Instead of staying in my bed and hurting, I serve and hurt, live and hurt, learn and hurt.



QUESTIONS

How often are you willing to listen to your body about what it needs?

What are some ways you have chosen to show up for yourself?

What does it feel like when you do take time to show up vulnerably and true to yourself. Can you put words around it?

What would making peace with your pain look like?

JOURNAL PROMPTS

Ruthie writes, *“My body has been hurting me badly lately and I don’t take much time to converse with it. The things it has to say are not always easy to hear. It cries to me. I’m hurting. I’m so tired. Please listen.”* Write a letter to your body, thank her/him for loving you and ask her/him what it needs from you, what it would like to say to you.

CHAPTER

Twenty-One

THEMES

- We want healing so bad, we tirelessly chase it.
- There is a wild connection between our emotions and our bodies.

FAVORITE QUOTES

I came here to confront my pain and unlearn the story I've been telling myself: You'll never get better, you are your pain, pain is your purpose.

My phone helps me escape and I'm nervous not to have it. I feel like I'm giving away a limb to somebody I don't even know.

I am not broken. I am whole. I am loved. I am love.



QUESTIONS

What experiences and techniques have brought healing into your own life?

What would it look like for you to begin to trust your body?

What masks do you wear to make yourself feel safe or loved?

JOURNAL PROMPTS

Ruthie writes of her pain, “I wonder if it’s a crutch, if I’d have a career at all without it, if people would like me without it.” What stories do you believe about yourself that you need to hold onto for people to like you?

CHAPTER
Twenty-Two

THEMES

- Ruthie meets her brother.
- Healing becomes a way of life.

FAVORITE QUOTES

*There's the journey of healing, the work of it, the treacherous climb toward peace.
Then there's the magic of it.*

Healing isn't a process you complete--it's a journey you're on for a lifetime.

Thank you, I say silently to the universe. Thank you so much.



QUESTIONS

What unexpected twists have come in your life? How did you receive them?

This book begins and ends with family. How does your family and community play into your journey?

What are a few ways you could express gratitude today?

JOURNAL PROMPTS

How could healing become a way of life for you? What are the first few steps you want to take?



THANK YOU

***We are so excited to read **THERE I AM**
with all of you during this wild season.***



HAVE A
QUESTION?

DON'T HESITATE TO REACH OUT!

EMAIL ADDRESS

ashley@ruthielindsey.com