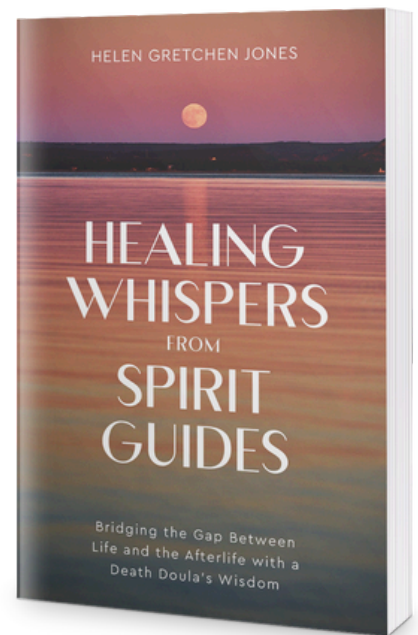


HEALING WHISPERS FROM SPIRIT GUIDES



**Bridging the Gap Between
Life and the Afterlife with
a Death Doula's Wisdom**



Dear Readers,

I want to express my deepest gratitude to each of you for joining me on this incredible journey through the pages of Healing Whispers from Spirit Guides. Your decision to explore the depths of spirituality, life, and death alongside me means the world.

In the spirit of fostering meaningful dialogue and reflection, I've crafted a set of thought-provoking questions to guide your discussions as you navigate the themes and experiences shared in the book. Your unique interpretations and insights are incredibly valuable, and I encourage you to engage in open and honest conversations with your fellow book club members.

Thank you for embracing this journey with an open heart and mind. I am truly honored to have you by my side as we delve into the mysteries of the soul and the wisdom of the spirit world.

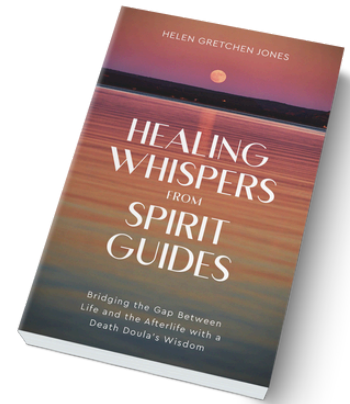
With profound appreciation,

Helen Gretchen Jones



HelenGretchenJones.com

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DISCUSSION QUESTIONS:

- Throughout the book, Helen shares insights gained from her experiences as a death doula, including encounters with dying individuals and their loved ones. How do these stories challenge or reinforce your beliefs about death and dying?
- The author emphasizes the importance of going within and connecting with oneself as a means of finding peace and understanding. How do you incorporate practices of self-reflection and inner connection into your own life, and how do they contribute to your sense of well-being and spiritual growth?
- Throughout the book, Helen discusses the importance of compassion in her work as a death doula. How does compassion play a role in supporting individuals through the process of dying and grieving, and how does it resonate with your own experiences?
- Shared death experiences are a recurring theme in the book. Have you ever had an experience where you felt a spiritual connection during someone's passing, or do you know someone who has? How did it affect you or them?
- Forgiveness and fear are explored in relation to death and dying. How do these emotions manifest in the stories shared in the book, and what lessons can we learn from them about finding peace in the face of death?
- The author discusses the concept of "Science Club" as a metaphor for exploring spirituality and the afterlife. What are your thoughts on this concept, and how does it resonate with your own beliefs or experiences?



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- Helen mentions the importance of connecting with something greater than our physical selves. How do you personally interpret this idea, and what practices or beliefs do you have that help you feel connected to the spiritual realm?
- The book touches on the theme of authenticity and sharing our stories as a means of connecting with others. How does sharing our experiences, both joyful and challenging, contribute to our sense of belonging and understanding of humanity?
- Helen describes her childhood experiences with Spirit, which were often dismissed or misunderstood by others. Have you ever had an experience that felt spiritual or mystical but was not accepted by those around you? How did it impact your perception of spirituality?
- As readers, what do you believe are the key takeaways from "Healing Whispers from Spirit Guides," and how has reading this book influenced your perspective on life, death, and spirituality?

We welcome and encourage you to use the hashtag #HealingWhispersfromSpiritGuides or tag @helengretchenjones on social media to share pictures of you, your group, or your favorite reading spot. Your honest book review on your retailer of preference is also appreciated to help other readers find the book.

