A FREE COMPANION TO GOD IS EVERYTHING

Living as What You Are

A reflection workbook and discussion guide for putting the ideas of God Is Everything into your prayer, your choices and your relationships.



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How to Use This Workbook

Read a part, then live with it for a week before you write.

God Is Everything makes a large claim: God is the universe itself, every particle, every moment and every point of view, and you are God experiencing existence from your particular place in it. The book asks you to test that claim against your own experience instead of taking it on faith. This workbook gives you the tools for the test: a daily practice, an honest look at the roles you perform, a fresh way to think about sin and forgiveness, the red flags that protect sincere seekers, and questions for a study group.

> *I'm not asking you to believe any of this on faith. Consider what's here and see if it makes better sense of your own experience than the alternatives you've been offered. The framework either works or it doesn't. That's the only test that matters.*

The Framework in Five Steps

Everything else in the book follows from these.

1. **God is everything.** God is being itself: every star, every atom, the rock under your feet, the thoughts in your mind. You have never experienced anything that wasn't God.
2. **You are God experiencing itself.** Your life is one unique point of view through which the whole explores what it is like to be you.
3. **Free will is the design.** Your choices are real, their consequences are real, and they are God's choices made through your awareness.
4. **Your life is one book read cover to cover.** God already holds every story. What your life adds is the experience of living this one from the inside, achievements and humiliations alike.
5. **Other people are you, too.** When you help someone, you help yourself. When you hurt someone, you hurt yourself. The Golden Rule is a description of what is true.

As the book says plainly, it isn't therapy or medical treatment. If you are in crisis, in danger or thinking about suicide, contact a professional, a crisis line or the police now.

Part 1: The Daily Practice

Prayer is usually talking. Meditation is usually listening. The book recommends both.

In this framework, prayer is your individual awareness aligning with the larger self it belongs to. Instead of petitioning an outside authority, you widen your view, like changing the focal length on a camera. The book's four movements:

1. **Start with gratitude.** Name what is already working in your life.
2. **Say what you want, and hold it lightly.** Be willing to receive what serves your highest good.
3. **Ask for wisdom and perspective.** Ask to see your situation from the viewpoint of the whole.
4. **End with acceptance.** Then go quiet, and listen.

> *Pray and take the medicine. Prayer goes with treatment, never in place of it.*

What happened afterward

The response rarely comes as a voice. It comes as insight, opportunity, coincidence or gradual change. Keep a week's record.

DAY	WHAT I EXPRESSED	WHAT I NOTICED AFTERWARD: IDEAS, MEETINGS, SHIFTS IN ME
1		
2		
3		
4		
5		
6		
7		

The prayer that seemed unanswered, and what it clarified for me: _____

Part 2: Performing or Being?

Your authentic self is what remains when you stop performing roles that others assigned to you.

The book describes layers covering the core. Work from the outside in. For each one, note where you see it in yourself and whether you choose to keep it.

LAYER	WHERE I SEE IT IN ME	KEEP OR RELEASE?
Social performance: the public persona, the work persona, the online image		
Family conditioning: people-pleasing, rebellion, caretaking, whatever got you love		
Cultural programming: what your time and place said you should be		
Inherited traits: a grandfather's temper, a mother's conflict avoidance		

For each inherited trait, ask the book's question: *Does this serve my authentic expression, or am I just repeating family patterns?*

This week I felt most like myself when: _____

I felt like I was performing when: _____

Small experiments

- [ ] State a real preference instead of agreeing with the room
- [ ] Say "I don't know" when I don't know
- [ ] Show a part of myself I usually hide, with someone likely to accept it

Signs the work is working

- [ ] I react less and respond more
- [ ] I feel peace even when circumstances stay hard
- [ ] My relationships are more honest
- [ ] My work fits my natural strengths better

Part 3: Sin, Guilt and Forgiveness

Sin is consciousness suffering from amnesia about its own identity.

The book keeps the old prohibitions and changes the reason for them: harming another person harms the God you are part of. It reads the seven deadly sins the same way. Where do they show up in your week?

SIN	IN THE BOOK'S TERMS	WHERE I SAW IT THIS WEEK
Pride	Focus on ego that forgets the cosmic connection	
Greed	Hoarding instead of sharing for collective growth	
Lust	Reducing others to objects	
Envy	Resenting the experiences of other parts of yourself	
Gluttony	Consuming without awareness of the impact	
Wrath	Anger expressed in ways that damage others	
Sloth	Refusing to take part in the growth of awareness	

Healthy guilt signals that a choice went against your nature, and it motivates change. Guilt that turns into endless self-punishment serves no one.

Forgiveness, the third option

Forgiveness happens entirely inside you. The other person doesn't have to apologize, change or even know. You can forgive and still:

- ☐ Never speak to them again
- ☐ Say plainly that what they did was wrong
- ☐ Remember exactly what happened and use it to protect yourself
- ☐ Support legal consequences

The process: acknowledge what happened; feel what it caused; recognize that carrying it forward only hurts you; choose to release it. It is complete when you can think about the person without emotional activation.

Someone I am still carrying: _____ **Where I am in the process:** _____

Part 4: Red Flags for Sincere Seekers

Your sincere desire to grow makes you a target. The patterns are consistent.

The book traces them through Jonestown, Heaven's Gate, the Branch Davidians, Aum Shinrikyo, the Order of the Solar Temple, the Movement for the Restoration of the Ten Commandments of God and Rajneeshpuram. Check any that fit a group you know:

- ☐ The leader claims special status: God, messiah, the only true prophet
- ☐ You are discouraged from contact with family and old friends
- ☐ Members turn over savings, property or pay while the leader lives well
- ☐ The group decides where you live, what you eat, who you marry
- ☐ Questions bring humiliation, isolation or expulsion
- ☐ The outside world is evil, and leaving means doom
- ☐ Constant emergencies and deadlines leave no time to think

Healthy teachers and communities welcome questions, are open about money, respect your outside relationships and admit their limits. Keep your own finances, your outside friends and your own reading. If you're already involved, reach out to the people you were told to avoid; the book names the International Cultic Studies Association as one source of help.

Ten kinds of toxic people

TYPE	THE TELL
Spiritual narcissist	Demands titles and praise; angry when questioned
Emotional vampire	Always in crisis; never asks about you
Love bomber	Instant “spiritual connection,” then control once you're bonded
Spiritual controller	Tells you what God wants for your life
Covert narcissist	Plays the victim; cutting remarks dressed as wisdom
Overt narcissist	Grandiose; rages at any challenge; rules don't apply
Spiritual abuser	Calls harm “discipline” or ego breaking
Sexual predator	Frames sexual contact as initiation or healing
Financial exploiter	Calls your giving proof of devotion
Isolator	Your loved ones are “spiritually toxic”

Part 5: Flawed or Toxic?

The difference is trajectory. Flawed people improve with feedback. Toxic people stay the same or get worse.

- [ ] I usually feel worse about myself after time with this person
- [ ] I have stated a boundary more than once and it keeps getting crossed
- [ ] My help makes it easier for them to avoid responsibility
- [ ] Being family is the only reason I'm still here

You can love someone and still remove them from your life. You don't owe a toxic person a final conversation. If someone has hit you, threatened you or followed you, plan your exit with help, and expect promises, guilt and escalation once they see you're serious. Relief mixed with grief afterward is normal.

Discussion Questions

For study groups, book clubs and anyone reading God Is Everything with someone else.

1. Before you read the book, what did you picture when you thought of God? Where did that picture come from?
2. The book says its only quarrel with religion is the picture of God as someone separate. Do you agree? What in your own tradition fits, and what doesn't?
3. If God already holds every story, what does your particular life add?
4. How does seeing the cashier, the stranger and the person you dislike as yourself change the way you'd act tomorrow?
5. The book reads the seven deadly sins as forgetting what you are. Which reading surprised you?
6. Forgiveness without reconciliation: is it possible? Have you done it?
7. What protects a sincere seeker from a destructive group or teacher?
8. What would living as what you are look like on an ordinary Tuesday?

> *Live fully. Love freely. Learn constantly. Help others do the same.*

The Whole Story

This workbook gives you the practice. God Is Everything gives you the whole framework: what God is, how consciousness relates to time, death, dreams, suffering, animals and artificial intelligence, why none of it conflicts with religion, and how to protect your seeking from those who would exploit it.



God Is Everything

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