

You Are The Happiness You Seek, Rupert Spira

2022 Reading and Co-host Schedule for Book Study Group

| Week | Date | Chapter | Title | Cohost | Book Page | Kindle Page |
|------|----------------------|-----------------|-----------------------------------------|-------------------|-----------|-------------|
| 1 | 18 th May | Intro & Chpt. 1 | Introduction / The Search for Happiness | Jenny B | 1-5 | |
| 2 | 25 th May | 2 | Know ThySelf | Susan Telford | 15 | |
| 3 | 1 June | 3 | Are You Myself | Harley Dembert | 21 | |
| 4 | 8 June | 4 | The Art of Self Inquiry | Jenny Sheehan | 27 | |
| 5 | 15 June | 5 | The Essence of Meditation | Rosalyn Rourke | 33 | |
| 6 | 22 June | 6 | The Ultimate Prayer | Jody Urquart | 43 | |
| 7 | 29 June | 7 | The Silent Presence of Awareness | Arthur Gay | 53 | |
| 8 | 6 July | 8 | The Open, Empty, Aware Space | Joel Drazner | 65 | |
| 9 | 13 July | Q & A | Rupert Spira Live | Bill Free | | |
| 10 | 20 July | 9 | Peace and Happiness is Our Nature | Patty Hawley | 71 | |
| 11 | 27 July | 10 | A Belief in Separation | Rose Johnston | 77 | |
| 12 | 3 Aug | 11 | There is Only One Self | Jenny Beal | 83 | |
| 13 | 10 Aug | 12 | Who is it that Suffers | Geoff Farnsworth | 91 | |
| 14 | 17 Aug | 13 | Our Innate Happiness | Rosalyn Rourke | 99 | |
| 15 | 24 Aug | 14 | Suffering is Our Own Activity | Cindy Goode | 107 | |
| 16 | 31 Aug | 15 | The Way of Surrender | Rona M | 117 | |
| 17 | 7 Sept | 16 | Take Refuge in The Now | Marlene Reisman | 125 | |
| 18 | 14 Sept | 17 | Attending to Painful Emotions | Lisa Natoli | 133 | |
| 19 | 21 Sept | 18 | The Unity of Being | Melanie Santorini | 147 | |
| 20 | 28 Sept | 19 | The All Pervasive Spirit | Ilse van Zalkj | 157 | |
| 21 | 5 Oct | Conclusion | An Invitation | Susan T | 173 | |